

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	23,6°C	70%
End	11:23	23,6°C	70%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
1	168	Nuno Miguel	grecas	Senior Masculino	31:03		03:06
2	57	Rui Ferreira	c. d. são salvador do campo	Senior Masculino	31:47	+00:43	03:11
3	594	Luis manuel de ponho diogo	luis manuel pinho diogo	Senior Masculino	32:38	+01:34	03:16
4	700	Paulo Faria	individual	Senior Masculino	33:47	+02:44	03:23
5	10	Rui Costa	acd os ilhavs	Senior Masculino	33:58	+02:54	03:24
6	89	João Freitas	civilria runclub	Senior Masculino	34:35	+03:31	03:27
7	394	João Ricardo	individual	Senior Masculino	34:54	+03:50	03:29
8	345	Diogo Rafael	individual	Senior Masculino	34:55	+03:51	03:30
9	310	Alex Oliveira	individual	Senior Masculino	34:57	+03:53	03:30
10	451	Renato Santos Ferreira	individual	Senior Masculino	35:00	+03:56	03:30
11	686	Kevin Amoedo	we can run aveiro	Senior Masculino	35:13	+04:09	03:31
12	337	Diogo Areias	individual	Senior Masculino	35:32	+04:29	03:33
13	64	Ricardo Auxiliar	cenap	Senior Masculino	35:42	+04:38	03:34
14	24	Josué Marques	barra ocean runners	Senior Masculino	35:52	+04:48	03:35
15	639	Fernando santos	reumaticos	Veterano M45	35:55	+04:51	03:35
16	63	André Novais	cenap	Senior Masculino	35:58	+04:54	03:36
17	11	Fernando Silva	acr vale de cambra	Veterano M55	35:59	+04:55	03:36
18	708	Joana Nunes	reumaticos	Senior Feminino	36:18	+05:14	03:38
19	82	Paulo Silva	sc beira mar	Veterano M45	36:25	+05:21	03:38
20	641	Paulo pereira	reumaticos	Veterano M45	36:28	+05:24	03:39
21	480	Vasco Miguel Martins Lourenço	individual	Senior Masculino	36:29	+05:25	03:39
22	343	Diogo Oliveira	individual	Senior Masculino	36:29	+05:26	03:39
23	679	Ricardo Gomes	terminal running team	Veterano M45	36:43	+05:39	03:40
24	391	João Paulo Martins Julião	individual	Senior Masculino	37:00	+05:56	03:42
25	133	Paulo Jesus	dragon club	Veterano M45	37:01	+05:57	03:42
26	73	Inês Gomes	civilria runclub	Senior Feminino	37:13	+06:10	03:43
27	180	José Proença	grupo desportivo assempark	Veterano M45	37:20	+06:16	03:44
28	173	Joao Ramos Moreira	grohe	Senior Masculino	37:43	+06:39	03:46
29	87	HUGO JUSTIÇA	civilria runclub	Senior Masculino	37:43	+06:40	03:46
30	429	Nuno pinho	individual	Senior Masculino	37:43	+06:40	03:46
31	167	Filipe Nogueira	grecas	Senior Masculino	37:52	+06:48	03:47
32	28	Luís Gomes	barra ocean runners	Senior Masculino	37:58	+06:54	03:48
33	125	Paulo Ferreira da Silva	civilria runclub	Veterano M55	38:04	+07:00	03:48
34	410	Lucas Santos	individual	Senior Masculino	38:19	+07:15	03:50
35	182	Manuel Macado	grupo desportivo assempark	Veterano M55	38:20	+07:17	03:50
36	659	RUI MACHADO	sc beira mar	Veterano M45	38:28	+07:24	03:51
37	356	Fernando Rafael Silva Marques	individual	Senior Masculino	38:29	+07:25	03:51
38	165	Carolina Ribeiro	grecas	Senior Feminino	38:37	+07:33	03:52
39	311	Alexandre Nogueira	individual	Senior Masculino	38:40	+07:36	03:52
40	346	Diogo Rebelo	individual	Senior Masculino	38:46	+07:42	03:53

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
41	411	Lucas Ventura	individual	Senior Masculino	38:47	+07:43	03:53
42	158	Diogo Filipe Ferreira Filipe	glicinias plaza	Senior Masculino	38:49	+07:45	03:53
43	536	João Rocha	individual	Veterano M45	39:15	+08:11	03:55
44	523	Celso Fernandes	individual	Veterano M45	39:22	+08:18	03:56
45	154	Mário Carvalho	gd vilarinho de cima	Veterano M55	39:29	+08:25	03:57
46	66	Carlos Amorim	cenap	Veterano M55	39:34	+08:30	03:57
47	685	Daniel Chipelo	we can run aveiro	Senior Masculino	39:44	+08:40	03:58
48	97	Simão Tomaz Duarte	civilria runclub	Senior Masculino	39:51	+08:47	03:59
49	667	Paulo Ramires	tainadas running team	Veterano M45	40:02	+08:58	04:00
50	430	Nuno Sarabando	individual	Senior Masculino	40:04	+09:00	04:00
51	418	Luís Semião	individual	Senior Masculino	40:08	+09:05	04:01
52	550	Nuno Bartolomeu	individual	Veterano M45	40:19	+09:15	04:02
53	12	Igor Alves	acrema	Senior Masculino	40:21	+09:17	04:02
54	361	Frederico de Gusmão Calheiros Nunes da Silva	individual	Senior Masculino	40:29	+09:25	04:03
55	51	Dinis Reis Ferreira	bora treinar running club	Senior Masculino	40:38	+09:34	04:04
56	25	Leonardo Gil	barra ocean runners	Senior Masculino	40:38	+09:34	04:04
57	269	Maria Marques	individual	Senior Feminino	40:39	+09:35	04:04
58	314	André Almeida Oliveira	individual	Senior Masculino	40:46	+09:43	04:05
59	145	Natanael Sousa Rodrigues	força tripla	Senior Masculino	40:49	+09:45	04:05
60	327	César Abrantes	individual	Senior Masculino	40:57	+09:53	04:06
61	634	Valter Soares	r5	Senior Masculino	41:01	+09:57	04:06
62	640	Luis ramos	reumaticos	Veterano M45	41:06	+10:02	04:07
63	570	V Silva	individual	Veterano M45	41:06	+10:02	04:07
64	540	José Grijó	individual	Veterano M45	41:10	+10:06	04:07
65	67	Joaquim ramos	cenap	Veterano M55	41:13	+10:09	04:07
66	707	Pedro Barreiro	individual	Senior Masculino	41:16	+10:12	04:08
67	588	Santiago Simoes	lentinhos	Senior Masculino	41:16	+10:12	04:08
68	27	Luís Filipe Rocha	barra ocean runners	Senior Masculino	41:20	+10:16	04:08
69	433	Paulo Vigario	individual	Senior Masculino	41:23	+10:19	04:08
70	317	Andre Ferreira	individual	Senior Masculino	41:25	+10:21	04:09
71	159	Firmino Vieira Salgado	glicinias plaza	Senior Masculino	41:26	+10:22	04:09
72	166	Joana Marques	grecas	Senior Feminino	41:27	+10:23	04:09
73	26	Luís Balreira	barra ocean runners	Senior Masculino	41:38	+10:34	04:10
74	643	Raul teixeira	reumaticos	Veterano M45	41:46	+10:42	04:11
75	353	Felipe Gomes Araujo	individual	Senior Masculino	41:46	+10:42	04:11
76	360	Francisco Santos Oliveira	individual	Senior Masculino	41:47	+10:43	04:11
77	354	Fernando Javier Blanco Da Silva	individual	Senior Masculino	42:05	+11:02	04:13
78	377	Hugo Cabral Monteiro	individual	Senior Masculino	42:08	+11:04	04:13
79	405	José Mora	individual	Senior Masculino	42:09	+11:05	04:13
80	386	João Leirião	individual	Senior Masculino	42:20	+11:16	04:14
81	400	Jorge Martins	individual	Senior Masculino	42:23	+11:19	04:14
82	383	João Brito	individual	Senior Masculino	42:24	+11:21	04:14
83	90	Miguel Cruz	civilria runclub	Senior Masculino	42:26	+11:22	04:15
84	682	José Manuel Vieira Fernandes	últimos mas unidos	Senior Masculino	42:52	+11:48	04:17
85	413	Luis Carlos Valente Pinho	individual	Senior Masculino	42:53	+11:49	04:17

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
86	191	Jorge Martins	hut runners aveiro	Veterano M45	42:56	+11:52	04:18
87	458	Ricardo Roque	individual	Senior Masculino	42:59	+11:55	04:18
88	432	Paulo Jorge Alves Gonçalves	individual	Senior Masculino	43:04	+12:00	04:18
89	455	Ricardo Cardoso	individual	Senior Masculino	43:09	+12:05	04:19
90	108	Bruno Bernardes de Jesus	civilria runclub	Veterano M45	43:15	+12:11	04:19
91	370	Gui Akino	individual	Senior Masculino	43:16	+12:13	04:20
92	146	Marco Rodrigues	força tripla	Veterano M45	43:19	+12:15	04:20
93	322	Bernardo Pereira	individual	Senior Masculino	43:32	+12:29	04:21
94	533	Hugo Romão	individual	Veterano M45	43:42	+12:39	04:22
95	469	Sérgio Pato	individual	Senior Masculino	43:48	+12:44	04:23
96	485	Vitor Rompante	individual	Senior Masculino	43:52	+12:48	04:23
97	551	Nuno Silva	individual	Veterano M45	43:54	+12:50	04:23
98	112	Nuno Alegria	civilria runclub	Veterano M45	43:54	+12:50	04:23
99	552	Paulo Cardoso	individual	Veterano M45	43:55	+12:51	04:24
100	379	Hugo Simões	individual	Senior Masculino	43:57	+12:54	04:24
101	333	Danilo Santana	individual	Senior Masculino	43:59	+12:55	04:24
102	595	Carlos Simões	manos simões	Senior Masculino	44:12	+13:09	04:25
103	596	Luís Simões	manos simões	Senior Masculino	44:13	+13:09	04:25
104	416	Luis Lamas	individual	Senior Masculino	44:14	+13:10	04:25
105	521	Carlos Jorge Silva	individual	Veterano M45	44:16	+13:12	04:26
106	323	Bruno Ferreira	individual	Senior Masculino	44:16	+13:12	04:26
107	534	Jean François Rodrigues	individual	Veterano M45	44:22	+13:18	04:26
108	84	Acácio Figueiredo	civilria runclub	Senior Masculino	44:25	+13:22	04:27
109	415	Luis Felizardo	individual	Senior Masculino	44:28	+13:25	04:27
110	44	Fernando pontes da silva	barra time	Senior Masculino	44:31	+13:27	04:27
111	88	João Caetano	civilria runclub	Senior Masculino	44:34	+13:30	04:27
112	590	Nuno Simões	lentinhos	Veterano M45	44:34	+13:30	04:27
113	77	Rafaela Oliveira	civilria runclub	Senior Feminino	44:35	+13:31	04:27
114	36	Tiago Neves	barra ocean runners	Senior Masculino	44:35	+13:31	04:27
115	169	Marta Loureiro	grecas	Veterana F45	44:36	+13:32	04:28
116	380	Jhonatan Almeida Nogueira	individual	Senior Masculino	44:44	+13:40	04:28
117	29	Nuno Silva	barra ocean runners	Senior Masculino	44:47	+13:44	04:29
118	620	Carlos Eduardo Domingues	prio	Senior Masculino	44:49	+13:45	04:29
119	464	Ruben Pio	individual	Senior Masculino	44:51	+13:47	04:29
120	559	Pedro Brás	individual	Veterano M45	44:51	+13:47	04:29
121	45	ELVIS MATIAS	barra time	Veterano M45	45:02	+13:58	04:30
122	34	Rui Saraiva	barra ocean runners	Senior Masculino	45:04	+14:00	04:30
123	546	Martin Lund	individual	Veterano M45	45:04	+14:00	04:30
124	515	Adolfo Andrade	individual	Veterano M45	45:07	+14:03	04:31
125	556	Paulo Morais	individual	Veterano M45	45:07	+14:03	04:31
126	372	Guilherme Oliveira	individual	Senior Masculino	45:08	+14:04	04:31
127	654	Vadym Podufalov	reumáticos & etc	Veterano M45	45:10	+14:06	04:31
128	35	Tiago Mónica	barra ocean runners	Senior Masculino	45:16	+14:12	04:32
129	39	Fernando Mónica	barra ocean runners	Veterano M45	45:16	+14:12	04:32
130	38	Arnaldo Tomás	barra ocean runners	Veterano M45	45:18	+14:14	04:32
131	382	João Batista	individual	Senior Masculino	45:19	+14:15	04:32

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
132	232	Gissell Andrade	individual	Senior Feminino	45:19	+14:15	04:32
133	341	Diogo Gonçalves	individual	Senior Masculino	45:20	+14:16	04:32
134	565	Romeu Vicente	individual	Veterano M45	45:25	+14:21	04:33
135	541	José Pequeno	individual	Veterano M45	45:25	+14:21	04:33
136	564	Ricardo Pinto	individual	Veterano M45	45:28	+14:24	04:33
137	439	Pedro Manuel da Costa Serrano	individual	Senior Masculino	45:30	+14:26	04:33
138	519	Armindo Bastos	individual	Veterano M45	45:31	+14:28	04:33
139	339	Diogo Daniel Lopes Almeida	individual	Senior Masculino	45:33	+14:29	04:33
140	568	Rui Simões	individual	Veterano M45	45:41	+14:37	04:34
141	144	Filipe Almeida	força tripla	Senior Masculino	45:47	+14:43	04:35
142	608	Gleverson Nunes de Carvalho	país em fuga	Senior Masculino	45:55	+14:51	04:36
143	136	Beatriz Mota	equipa maravilla	Senior Feminino	46:01	+14:57	04:36
144	626	Paulo André Gonçalves Lobo	prio	Senior Masculino	46:05	+15:02	04:37
145	526	Fabiano Viana	individual	Veterano M45	46:08	+15:04	04:37
146	498	Margarida Vidal	individual	Veterana F45	46:08	+15:04	04:37
147	378	HUGO MATOS	individual	Senior Masculino	46:09	+15:05	04:37
148	598	Paulo Jorge Trindade de Amorim	night runners feira	Senior Masculino	46:10	+15:06	04:37
149	445	Rafael Gomes	individual	Senior Masculino	46:11	+15:07	04:37
150	631	Daniel Rocha	r5	Senior Masculino	46:11	+15:07	04:37
151	630	Celso Conceição	r5	Senior Masculino	46:16	+15:13	04:38
152	163	Sílvia dos Santos Henriques	glicinias plaza	Veterana F55	46:17	+15:13	04:38
153	516	Adriano Carreira	individual	Veterano M45	46:17	+15:14	04:38
154	326	Carlos Nogueira	individual	Senior Masculino	46:19	+15:15	04:38
155	520	carlos ferreira	individual	Veterano M45	46:24	+15:20	04:38
156	642	Paulo ramos	reumaticos	Veterano M45	46:32	+15:28	04:39
157	315	Andre Andrade	individual	Senior Masculino	46:43	+15:39	04:40
158	664	Jorge Miguel Domingos Lúcio	solar o condado	Senior Masculino	46:46	+15:42	04:41
159	147	Tiago carriola	furadouro trail	Veterano M45	46:50	+15:46	04:41
160	309	Adeilson Silva	individual	Senior Masculino	46:50	+15:46	04:41
161	398	João Victor Lopes Ferreira	individual	Senior Masculino	46:57	+15:53	04:42
162	538	Jorge Vilela	individual	Veterano M45	46:58	+15:54	04:42
163	352	Eugénio Manuel Teixeira Guiomar	individual	Senior Masculino	46:59	+15:55	04:42
164	392	João Pedro Maio de Castro Ferreira	individual	Senior Masculino	47:00	+15:56	04:42
165	312	Alexandre Resende	individual	Senior Masculino	47:03	+15:59	04:42
166	14	Armando Cavaleiro	atronia	Senior Masculino	47:05	+16:01	04:42
167	15	José Carvalho	atronia	Senior Masculino	47:05	+16:01	04:43
168	529	Fininho Manokas	individual	Veterano M45	47:06	+16:02	04:43
169	585	PEDRO ROCHA	individual	Veterano M55	47:08	+16:04	04:43
170	706	Afonso Xavier	individual	Senior Masculino	47:09	+16:05	04:43
171	443	Pedro Teixeira	individual	Senior Masculino	47:09	+16:05	04:43
172	671	Raquel Lopes	tdcrédito	Senior Feminino	47:14	+16:10	04:43
173	114	Nuno felix almeida	civilria runclub	Veterano M45	47:14	+16:10	04:43
174	673	Elisabete Rodrigues	tdcrédito	Veterana F45	47:14	+16:10	04:43

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
175	676	Samuel Morais Neves	tdcrédito	Veterano M45	47:15	+16:11	04:43
176	424	Miguel Freitas	individual	Senior Masculino	47:23	+16:19	04:44
177	126	Pedro Ratola	civilria runclub	Veterano M55	47:24	+16:21	04:44
178	528	Fernando Santos	individual	Veterano M45	47:28	+16:24	04:45
179	478	Timóteo Marques	individual	Senior Masculino	47:33	+16:29	04:45
180	636	Helena silva	reumaticos	Senior Feminino	47:35	+16:31	04:45
181	152	Paulo Jorge Amador Pereira Gaspar	gaspar	Veterano M45	47:36	+16:32	04:46
182	632	FÁBIO Teixeira	r5	Senior Masculino	47:39	+16:36	04:46
183	281	Patricia Oliveira	individual	Senior Feminino	47:47	+16:43	04:47
184	375	Henrique Almeida	individual	Senior Masculino	47:48	+16:44	04:47
185	198	Ana Cláudia Videira	individual	Senior Feminino	47:49	+16:45	04:47
186	535	joão Campolargo	individual	Veterano M45	47:50	+16:46	04:47
187	522	Carlos Martínez Almazán	individual	Veterano M45	47:51	+16:47	04:47
188	365	Gonçalo costa	individual	Senior Masculino	47:52	+16:48	04:47
189	500	Maryna Skliar	individual	Veterana F45	47:56	+16:52	04:48
190	527	Fernando Manuel Ribeiro de Sousa	individual	Veterano M45	47:57	+16:53	04:48
191	262	Liliana Silva	individual	Senior Feminino	48:00	+16:56	04:48
192	441	Pedro Neto	individual	Senior Masculino	48:01	+16:57	04:48
193	513	Luciana Fidalgo	individual	Veterana F55	48:01	+16:57	04:48
194	40	Márcio Simões	barra ocean runners	Veterano M45	48:02	+16:58	04:48
195	76	Mariana Matos	civilria runclub	Senior Feminino	48:04	+17:00	04:48
196	355	FERNANDO MESQUITA	individual	Senior Masculino	48:05	+17:01	04:48
197	98	Telmo Trindade	civilria runclub	Senior Masculino	48:13	+17:09	04:49
198	85	Fábio Malheiro	civilria runclub	Senior Masculino	48:13	+17:10	04:49
199	403	José Henriques	individual	Senior Masculino	48:17	+17:13	04:50
200	149	Susana Raquel Teixeira da Silva Monteiro	gaia-running	Veterana F45	48:18	+17:14	04:50
201	324	Bruno Martins	individual	Senior Masculino	48:18	+17:15	04:50
202	19	Matilde Monjardino	barra ocean runners	Senior Feminino	48:18	+17:15	04:50
203	656	Williams Omar Simões	reumáticos & etc	Veterano M55	48:24	+17:20	04:50
204	623	João Pedro Martins Gonçalves	prio	Senior Masculino	48:26	+17:22	04:51
205	54	Sónia Gama	bora treinar running club	Veterana F45	48:37	+17:33	04:52
206	143	Fernando Cardoso	fernando cardoso	Veterano M45	48:39	+17:35	04:52
207	563	Ricardo Neves	individual	Veterano M45	48:40	+17:36	04:52
208	578	Jorge Mota	individual	Veterano M55	48:43	+17:39	04:52
209	457	Ricardo Rocha	individual	Senior Masculino	48:44	+17:40	04:52
210	517	Amândio Reima Cruz	individual	Veterano M45	48:44	+17:40	04:52
211	376	Henrique Miranda	individual	Senior Masculino	48:44	+17:40	04:52
212	554	Paulo Cruz	individual	Veterano M45	48:46	+17:42	04:53
213	395	João Santos	individual	Senior Masculino	48:47	+17:44	04:53
214	270	Maria Gaspar	individual	Senior Feminino	48:49	+17:45	04:53
215	334	David Magalhães	individual	Senior Masculino	48:50	+17:46	04:53
216	567	Rui Estima	individual	Veterano M45	48:52	+17:48	04:53
217	33	Pedro Soeiro	barra ocean runners	Senior Masculino	48:53	+17:49	04:53
218	454	Ricardo Bio	individual	Senior Masculino	48:53	+17:50	04:53

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
219	506	Sandra Costa	individual	Veterana F45	48:53	+17:50	04:53
220	557	Paulo Silva	individual	Veterano M45	48:54	+17:50	04:53
221	18	Mariana Ferreira	barra ocean runners	Senior Feminino	48:54	+17:50	04:53
222	477	Tiago Teixeira	individual	Senior Masculino	48:55	+17:51	04:53
223	318	André Filipe Loureiro Birbigão	individual	Senior Masculino	49:00	+17:56	04:54
224	663	Antonio Lopes	slb	Veterano M55	49:00	+17:56	04:54
225	366	Gonçalo da Silva Fonseca	individual	Senior Masculino	49:01	+17:57	04:54
226	436	Pedro Daniel Lima Santos	individual	Senior Masculino	49:02	+17:58	04:54
227	497	Manuela Melo	individual	Veterana F45	49:03	+17:59	04:54
228	434	Pedro Branco Dores	individual	Senior Masculino	49:04	+18:00	04:54
229	23	José Nunes	barra ocean runners	Senior Masculino	49:05	+18:01	04:54
230	246	Joana Abrantes	individual	Senior Feminino	49:05	+18:01	04:55
231	153	Rui Antunes	gerr.pt	Senior Masculino	49:06	+18:02	04:55
232	102	Eduarda Vinagre	civilria runclub	Veterana F45	49:07	+18:03	04:55
233	627	Rafael Oliveira Marques	prio	Senior Masculino	49:09	+18:05	04:55
234	184	Diana Gavião	grupo desportivo da gafanha (gdg)	Senior Feminino	49:09	+18:05	04:55
235	9	Ricardo Vieira	100 ritmo	Veterano M45	49:09	+18:05	04:55
236	404	José Miguel Nogueira	individual	Senior Masculino	49:10	+18:06	04:55
237	106	Sandrina Nóbrega Pereira	civilria runclub	Veterana F45	49:12	+18:08	04:55
238	59	Simão Ramos	calpet	Senior Masculino	49:12	+18:08	04:55
239	74	José Esteves	civilria runclub	Senior Masculino	49:13	+18:09	04:55
240	58	José Margarido	calpet	Senior Masculino	49:13	+18:09	04:55
241	351	Ernesto Abranches	individual	Senior Masculino	49:14	+18:10	04:55
242	338	Diogo Augusto Carrola	individual	Senior Masculino	49:15	+18:11	04:55
243	609	Ricardo Costa	país em fuga	Senior Masculino	49:18	+18:14	04:56
244	456	Ricardo José dos Santos Pires	individual	Senior Masculino	49:22	+18:18	04:56
245	453	Ricardo Bastos	individual	Senior Masculino	49:27	+18:23	04:57
246	30	Oliveiros Garrelhas	barra ocean runners	Senior Masculino	49:31	+18:27	04:57
247	412	Luís Carlos Jesus Cruz	individual	Senior Masculino	49:38	+18:34	04:58
248	91	Nuno Novo Silva	civilria runclub	Senior Masculino	49:47	+18:43	04:59
249	435	Pedro Cruz	individual	Senior Masculino	49:50	+18:46	04:59
250	438	Pedro Isabel	individual	Senior Masculino	49:50	+18:46	04:59
251	181	João Dôno	grupo desportivo assempark	Veterano M55	49:51	+18:47	04:59
252	250	Joana Silva Marques	individual	Senior Feminino	49:53	+18:49	04:59
253	450	Renato Pinto	individual	Senior Masculino	49:56	+18:52	05:00
254	150	Rui Ferraz	gaia-running	Veterano M55	50:00	+18:56	05:00
255	148	Antónia Soares	gaia-running	Veterana F45	50:01	+18:57	05:00
256	473	Telmo Costa	individual	Senior Masculino	50:06	+19:02	05:01
257	43	Diogo Jerónimo	barra swim club	Senior Masculino	50:08	+19:04	05:01
258	155	Sandra Santos	gdg	Veterana F45	50:11	+19:07	05:01
259	32	Pedro Inácio	barra ocean runners	Senior Masculino	50:11	+19:07	05:01
260	537	Jorge Gomes	individual	Veterano M45	50:11	+19:07	05:01
261	203	Andreia Cristina Gonçalves viera	individual	Senior Feminino	50:12	+19:08	05:01
262	267	Mafalda Segura	individual	Senior Feminino	50:14	+19:10	05:01
263	484	Vítor Almeida	individual	Senior Masculino	50:23	+19:19	05:02

PROVA PRINCIPAL - STAGE 1

10 KM

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
264	703	Carla Bastos	individual	Senior Feminino	50:24	+19:20	05:02
265	358	Francisco Ferraz	individual	Senior Masculino	50:24	+19:20	05:02
266	622	Diogo Soares Alves	prio	Senior Masculino	50:30	+19:26	05:03
267	364	Gil Vicente Curado Silva	individual	Senior Masculino	50:31	+19:27	05:03
268	414	Luís Daniel Almeida Oliveira	individual	Senior Masculino	50:31	+19:27	05:03
269	117	Renato França	civilria runclub	Veterano M45	50:44	+19:40	05:04
270	228	Filipa Silva	individual	Senior Feminino	50:45	+19:41	05:04
271	223	Diana Nogueira	individual	Senior Feminino	50:45	+19:41	05:04
272	49	Sandra Ramos	bora treinar running club	Senior Feminino	50:45	+19:41	05:05
273	48	Ines Machado	bora treinar running club	Senior Feminino	50:45	+19:41	05:05
274	20	Sónia Azevedo	barra ocean runners	Senior Feminino	50:47	+19:43	05:05
275	335	Deivid Carvalho	individual	Senior Masculino	50:52	+19:48	05:05
276	423	Miguel Cabral	individual	Senior Masculino	50:52	+19:49	05:05
277	555	Paulo Marques	individual	Veterano M45	50:53	+19:49	05:05
278	61	Rodrigo Martins	canoístas	Senior Masculino	50:53	+19:49	05:05
279	205	Beatriz Matos	individual	Senior Feminino	50:54	+19:50	05:05
280	625	Luis Carlos Pereira Regala de Figueiredo	prio	Senior Masculino	50:58	+19:55	05:06
281	243	Jéssica Silva	individual	Senior Feminino	51:01	+19:57	05:06
282	583	Paulo Costa	individual	Veterano M55	51:01	+19:58	05:06
283	280	Patricia Cai Lin	individual	Senior Feminino	51:03	+19:59	05:06
284	332	Daniel Lima	individual	Senior Masculino	51:03	+19:59	05:06
285	576	Fernando Lopes	individual	Veterano M55	51:04	+20:00	05:06
286	347	Diogo Videira Neto	individual	Senior Masculino	51:06	+20:02	05:07
287	247	Joana Antunes	individual	Senior Feminino	51:06	+20:02	05:07
288	461	Rodrigo Guerra Ribeiro	individual	Senior Masculino	51:14	+20:10	05:07
289	60	Matilde Tavares	canoístas	Senior Feminino	51:15	+20:11	05:08
290	408	Leandro Ferreira	individual	Senior Masculino	51:16	+20:13	05:08
291	127	Rui Vieito	civilria runclub	Veterano M55	51:23	+20:19	05:08
292	121	Carlos Varum	civilria runclub	Veterano M55	51:24	+20:20	05:08
293	137	Diogo Mateus	equipa maravilla	Senior Masculino	51:29	+20:25	05:09
294	417	Luis Lopes	individual	Senior Masculino	51:30	+20:26	05:09
295	444	Rafael António Pinto Abrantes	individual	Senior Masculino	51:33	+20:29	05:09
296	264	Mafalda Castro Neves	individual	Senior Feminino	51:33	+20:29	05:09
297	93	Rafael Tavares	civilria runclub	Senior Masculino	51:36	+20:32	05:10
298	227	Filipa freire	individual	Senior Feminino	51:36	+20:32	05:10
299	487	Carla Rosa	individual	Veterana F45	51:36	+20:32	05:10
300	562	Ricardo Gonçalves	individual	Veterano M45	51:36	+20:33	05:10
301	164	Guto Muniz	go tour	Veterano M45	51:46	+20:42	05:11
302	579	José Bernardino Afonso Matos	individual	Veterano M55	51:51	+20:47	05:11
303	368	Gonçalo Fernandes	individual	Senior Masculino	51:52	+20:48	05:11
304	683	João Pacheco	unidos run team	Senior Masculino	51:53	+20:49	05:11
305	657	Rui Daniel Amorim	royal school of languages	Veterano M45	51:53	+20:49	05:11
306	261	Liliana Roldão	individual	Senior Feminino	51:53	+20:50	05:11
307	593	Marco Resende	linguini e gnocchi	Senior Masculino	51:54	+20:50	05:11
308	325	Carlos Cunha	individual	Senior Masculino	51:56	+20:52	05:12

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
309	308	ABDERRAHIM ELAHMAR	individual	Senior Masculino	51:59	+20:55	05:12
310	575	Cesário Rocha	individual	Veterano M55	52:00	+20:57	05:12
311	618	Sara Tschumi Murtinheira Martins	prio	Senior Feminino	52:03	+20:59	05:12
312	300	Sónia Dinis	individual	Senior Feminino	52:05	+21:01	05:12
313	132	Luís Soares	costanova.run	Veterano M55	52:06	+21:02	05:13
314	573	António Luís da Silva Pereira Abrantes	individual	Veterano M55	52:07	+21:03	05:13
315	553	Paulo Cruz	individual	Veterano M45	52:08	+21:04	05:13
316	331	Daniel Branco	individual	Senior Masculino	52:12	+21:09	05:13
317	549	Miguel Quaresma	individual	Veterano M45	52:15	+21:11	05:14
318	134	Dulce Cunha	dulce&fábio	Senior Feminino	52:21	+21:17	05:14
319	135	Fábio santos	dulce&fábio	Senior Masculino	52:23	+21:19	05:14
320	604	Emanuel Ornelas	os manos	Senior Masculino	52:25	+21:21	05:15
321	605	Gonçalo Ornelas	os manos	Senior Masculino	52:25	+21:21	05:15
322	577	João Maltez Capelôa	individual	Veterano M55	52:26	+21:22	05:15
323	316	André Costa	individual	Senior Masculino	52:30	+21:26	05:15
324	278	Michelly Cristina Gonçalves camara	individual	Senior Feminino	52:40	+21:36	05:16
325	447	Rafael Rocha	individual	Senior Masculino	52:40	+21:36	05:16
326	193	ABÍLIO MADAIL	hut runners aveiro	Veterano M55	52:42	+21:38	05:16
327	666	PAULA SANTOS	tainadas run team somengil	Veterana F45	52:42	+21:38	05:16
328	350	Enzo Cruz	individual	Senior Masculino	52:44	+21:40	05:16
329	238	Inês Nunes	individual	Senior Feminino	52:44	+21:40	05:16
330	183	Paulo Antunes	grupo desportivo assempark	Veterano M55	52:53	+21:49	05:17
331	426	Miguel Rosa	individual	Senior Masculino	52:53	+21:50	05:17
332	220	Dani Gomes	individual	Senior Feminino	52:55	+21:51	05:18
333	381	João Augusto Martins Carvalhas	individual	Senior Masculino	53:00	+21:56	05:18
334	113	Nuno Cosme	civilria runclub	Veterano M45	53:12	+22:08	05:19
335	175	Arminda dos Anjos Fernandes Afonso	grohe	Veterana F45	53:12	+22:09	05:19
336	646	João Marçalo Pereira	reumáticos & etc	Senior Masculino	53:13	+22:09	05:19
337	446	Rafael Martins	individual	Senior Masculino	53:14	+22:10	05:19
338	509	Cláudia Almeida	individual	Veterana F55	53:15	+22:12	05:20
339	624	José Luís da Costa Fernandes	prio	Senior Masculino	53:19	+22:15	05:20
340	504	Patrícia Marcelo	individual	Veterana F45	53:21	+22:17	05:20
341	105	Rosabell Dos Santos	civilria runclub	Veterana F45	53:28	+22:24	05:21
342	273	Marta Dias	individual	Senior Feminino	53:28	+22:24	05:21
343	292	Rosa Reis	individual	Senior Feminino	53:37	+22:33	05:22
344	619	Tetyana Blynets	prio	Senior Feminino	53:38	+22:35	05:22
345	151	Lara Gaspar	gaspar	Senior Feminino	53:39	+22:35	05:22
346	249	Joana Rodrigues	individual	Senior Feminino	53:40	+22:36	05:22
347	42	Rita Fardilha	barra swim club	Senior Feminino	53:40	+22:36	05:22
348	305	Vania Fidalgo	individual	Senior Feminino	53:41	+22:37	05:22
349	319	André pereira	individual	Senior Masculino	53:42	+22:38	05:22
350	388	Joao Miguel Neves	individual	Senior Masculino	53:47	+22:43	05:23

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
351	402	José Fernandes	individual	Senior Masculino	53:47	+22:43	05:23
352	342	Diogo Miguel Martins Rodrigues	individual	Senior Masculino	53:47	+22:43	05:23
353	582	Martyn Pillinger	individual	Veterano M55	53:48	+22:44	05:23
354	574	Arlindo Santos	individual	Veterano M55	53:51	+22:47	05:23
355	157	Sara Tavares Santos	glicinias plaza	Senior Feminino	53:53	+22:49	05:23
356	655	Joao Pinho	reumáticos & etc	Veterano M55	53:57	+22:53	05:24
357	179	João Miranda	grupo desportivo assempark	Veterano M45	54:00	+22:56	05:24
358	110	Maciel MENDES	civilria runclub	Veterano M45	54:01	+22:58	05:24
359	420	Mauro Almeida	individual	Senior Masculino	54:06	+23:03	05:25
360	138	Marisa Moreira	ésóatéali#	Veterana F45	54:12	+23:08	05:25
361	6	Susana Lobo	100 ritmo	Veterana F45	54:13	+23:09	05:25
362	290	Rita Nova	individual	Senior Feminino	54:13	+23:10	05:25
363	495	Liliana Ordaz	individual	Veterana F45	54:16	+23:12	05:26
364	254	Kristine Plikse	individual	Senior Feminino	54:30	+23:26	05:27
365	369	Gonçalo Morgado	individual	Senior Masculino	54:34	+23:30	05:27
366	70	Catarina Campos	civilria runclub	Senior Feminino	54:34	+23:31	05:27
367	547	Mauro Rebelo	individual	Veterano M45	54:37	+23:33	05:28
368	511	Judite Dias	individual	Veterana F55	54:44	+23:40	05:28
369	507	Solange Silva	individual	Veterana F45	54:44	+23:40	05:28
370	111	MIGUEL VALLS	civilria runclub	Veterano M45	54:46	+23:42	05:29
371	662	Sandra Resende	slb	Veterana F45	54:57	+23:53	05:30
372	531	Gonçalo Ribeiro	individual	Veterano M45	55:12	+24:08	05:31
373	633	Nico Elkan	r5	Senior Masculino	55:15	+24:11	05:32
374	482	Vasco Silva	individual	Senior Masculino	55:21	+24:17	05:32
375	336	Diogo Alexandre Moreira Amador	individual	Senior Masculino	55:29	+24:25	05:33
376	172	João Gonçalo Afonso da Fonte	grohe	Senior Masculino	55:41	+24:37	05:34
377	542	Luís Rocha	individual	Veterano M45	55:44	+24:41	05:34
378	499	Marina Leitão	individual	Veterana F45	55:47	+24:43	05:35
379	21	Tatiana Barroco	barra ocean runners	Senior Feminino	55:49	+24:45	05:35
380	208	Bruna Santos	individual	Senior Feminino	55:52	+24:48	05:35
381	467	Sandro silva	individual	Senior Masculino	55:56	+24:52	05:36
382	160	Manuel José Pires Rebelo	glicinias plaza	Senior Masculino	55:57	+24:53	05:36
383	493	Joana Patrícia Oliveira Cadinha	individual	Veterana F45	55:57	+24:54	05:36
384	295	Sabine Brito	individual	Senior Feminino	55:58	+24:54	05:36
385	561	Pedro ferreira	individual	Veterano M45	56:01	+24:57	05:36
386	123	Luís Patrício	civilria runclub	Veterano M55	56:05	+25:01	05:36
387	92	Nuno Pina	civilria runclub	Senior Masculino	56:10	+25:06	05:37
388	709	Stephanie veitia reyes	individual	Senior Feminino	56:17	+25:13	05:38
389	512	Linda Rosa Sardo Caleiro Cruz	individual	Veterana F55	56:24	+25:21	05:38
390	236	Inês Machado Gomes Baptista	individual	Senior Feminino	56:26	+25:22	05:39
391	389	João nelson	individual	Senior Masculino	56:26	+25:23	05:39
392	304	Thaís Rocha	individual	Senior Feminino	56:28	+25:24	05:39
393	587	Pedro Costa	lentinhos	Senior Masculino	56:36	+25:32	05:40
394	188	Diogo Sencadas	hut runners aveiro	Senior Masculino	56:47	+25:43	05:41

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
395	192	Vitor Sencadas	hut runners aveiro	Veterano M45	56:48	+25:44	05:41
396	367	Gonalo Duarte	individual	Senior Masculino	56:50	+25:46	05:41
397	279	M3nica Dias	individual	Senior Feminino	56:50	+25:47	05:41
398	481	Vasco Salvador Lopes	individual	Senior Masculino	56:52	+25:49	05:41
399	638	Sandra canelha	reumaticos	Veterana F45	56:52	+25:49	05:41
400	202	Anabela Pinto	individual	Senior Feminino	56:53	+25:49	05:41
401	616	Raquel Marques Ferreira	prio	Senior Feminino	56:53	+25:50	05:41
402	651	Virginia Fernandes	reum3ticos & etc	Veterana F45	56:56	+25:52	05:42
403	489	Fernanda Caso	individual	Veterana F45	57:04	+26:00	05:42
404	194	Adriana Lopes	individual	Senior Feminino	57:06	+26:02	05:43
405	224	Diana Souto	individual	Senior Feminino	57:06	+26:02	05:43
406	201	Ana Sofia Rolo Santos	individual	Senior Feminino	57:07	+26:03	05:43
407	328	C3sar Ferreira	individual	Senior Masculino	57:07	+26:03	05:43
408	225	3rica Diamantino	individual	Senior Feminino	57:08	+26:04	05:43
409	129	Alexandre Saraiva	correr para comer	Senior Masculino	57:09	+26:05	05:43
410	399	Jorge Marques	individual	Senior Masculino	57:09	+26:05	05:43
411	118	Ant3nio Manuel Marques	civilria runclub	Veterano M55	57:14	+26:10	05:43
412	496	Madalena Ferreira	individual	Veterana F45	57:14	+26:10	05:43
413	50	Dante Ferreira Marinho	bora treinar running club	Senior Masculino	57:15	+26:11	05:44
414	16	Fabi Sarabando	barra ocean runners	Senior Feminino	57:17	+26:13	05:44
415	22	Bryan Val3rio	barra ocean runners	Senior Masculino	57:18	+26:14	05:44
416	321	Bernardo Almeida	individual	Senior Masculino	57:21	+26:17	05:44
417	566	Rui Almeida	individual	Veterano M45	57:21	+26:18	05:44
418	122	Henrique Castro	civilria runclub	Veterano M55	57:23	+26:19	05:44
419	206	Beatriz Riquito	individual	Senior Feminino	57:25	+26:21	05:44
420	301	Stephanie Sommer	individual	Senior Feminino	57:25	+26:21	05:44
421	313	Alysson Luiz	individual	Senior Masculino	57:25	+26:21	05:45
422	307	Viviana Espinoza	individual	Senior Feminino	57:26	+26:22	05:45
423	371	Guilherme Matos	individual	Senior Masculino	57:26	+26:22	05:45
424	286	Rayene Paiva	individual	Senior Feminino	57:26	+26:22	05:45
425	216	Catarina Marabuto	individual	Senior Feminino	57:31	+26:27	05:45
426	17	Mafalda Machado Martins	barra ocean runners	Senior Feminino	57:31	+26:27	05:45
427	178	Dina Silva	grupo desportivo assempark	Veterana F55	57:35	+26:32	05:46
428	702	Andr3ia Silva	individual	Senior Feminino	57:40	+26:36	05:46
429	704	Susana Pechim	individual	Senior Feminino	57:40	+26:36	05:46
430	468	S3rgio Estima	individual	Senior Masculino	57:56	+26:52	05:48
431	545	Marco Ribeiro	individual	Veterano M45	57:56	+26:52	05:48
432	268	Margarida Santos	individual	Senior Feminino	58:04	+27:00	05:48
433	474	Telmo Duarte	individual	Senior Masculino	58:04	+27:00	05:48
434	677	Vasco Rosa Pires	tdcr3dito	Veterano M45	58:10	+27:06	05:49
435	635	Bruno Rocha	r5	Veterano M45	58:11	+27:07	05:49
436	501	Monica Neves	individual	Veterana F45	58:11	+27:07	05:49
437	235	In3s Limas	individual	Senior Feminino	58:15	+27:11	05:50
438	266	Mafalda Martins	individual	Senior Feminino	58:15	+27:12	05:50
439	357	Filipe Ribeiro	individual	Senior Masculino	58:16	+27:12	05:50
440	255	Laura Pires	individual	Senior Feminino	58:16	+27:12	05:50

PROVA PRINCIPAL - STAGE 1

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OFFICIAL RESULT

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RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
441	479	Tomas Marabuto	individual	Senior Masculino	58:16	+27:12	05:50
442	584	Pedro Cardoso	individual	Veterano M55	58:18	+27:14	05:50
443	462	Rodrigo Rodrigues	individual	Senior Masculino	58:18	+27:14	05:50
444	393	JOAO PEDRO VELEIRINHO CARDOSO	individual	Senior Masculino	58:18	+27:14	05:50
445	259	Liliana Ferreira	individual	Senior Feminino	58:21	+27:17	05:50
446	260	Liliana Pereira	individual	Senior Feminino	58:21	+27:17	05:50
447	374	Gustavo Assaf Marcato	individual	Senior Masculino	58:21	+27:17	05:50
448	463	Rosmel Méndez	individual	Senior Masculino	58:24	+27:21	05:50
449	689	Manuel Carlos Martins	we can run aveiro	Veterano M45	58:29	+27:25	05:51
450	687	Carla Lemos	we can run aveiro	Veterana F45	58:29	+27:25	05:51
451	230	Gilda Aires	individual	Senior Feminino	58:34	+27:30	05:51
452	71	Claudia Pinho	civilria runclub	Senior Feminino	58:35	+27:31	05:51
453	96	Rui sampaio	civilria runclub	Senior Masculino	58:35	+27:31	05:52
454	396	João Silva	individual	Senior Masculino	58:41	+27:37	05:52
455	488	Carla Soutinho	individual	Veterana F45	58:42	+27:38	05:52
456	440	Pedro Melo Figueiredo	individual	Senior Masculino	58:43	+27:39	05:52
457	592	Paula Vieira	linguini e gnocchi	Senior Feminino	58:46	+27:43	05:53
458	650	Paula Eduarda Pinto	reumáticos & etc	Veterana F45	58:47	+27:43	05:53
459	652	Francisco Gomes	reumáticos & etc	Veterano M45	58:47	+27:43	05:53
460	299	Sofia Ventur	individual	Senior Feminino	58:50	+27:46	05:53
461	470	Sérgio Rodrigues	individual	Senior Masculino	58:50	+27:47	05:53
462	491	Graça Moita	individual	Veterana F45	58:51	+27:47	05:53
463	253	Karina Sotska	individual	Senior Feminino	59:02	+27:58	05:54
464	248	Joana Carolina Sacchetti	individual	Senior Feminino	59:04	+28:00	05:54
465	239	Inês Silva Bento	individual	Senior Feminino	59:04	+28:00	05:54
466	442	Pedro Rosales	individual	Senior Masculino	59:06	+28:02	05:55
467	510	Graça Mariano	individual	Veterana F55	59:24	+28:20	05:56
468	472	Simão Mariano	individual	Senior Masculino	59:24	+28:20	05:56
469	107	Paula Ferreira	civilria runclub	Veterana F55	59:31	+28:27	05:57
470	581	Luis Cordeiro	individual	Veterano M55	59:31	+28:27	05:57
471	222	Diana Marcelino	individual	Senior Feminino	59:35	+28:31	05:58
472	140	Leonor Teresa de Pinho Silva	família de pinho	Senior Feminino	59:55	+28:51	06:00
473	141	TERESA PEREIRA DE PINHO	família de pinho	Veterana F55	59:55	+28:52	06:00
474	68	Beatriz Aires Ferreira	civilria runclub	Senior Feminino	59:57	+28:53	06:00
475	115	Pedro Ferreira	civilria runclub	Veterano M45	59:58	+28:54	06:00
476	83	Zarina Gontscharenko	civilria runclub	Senior Feminino	01:00:09	+29:05	06:01
477	209	Carina Alves	individual	Senior Feminino	01:00:20	+29:17	06:02
478	78	Sílvia Rodrigues	civilria runclub	Senior Feminino	01:00:24	+29:20	06:02
479	502	Natália Maria Marques Silva Capitão	individual	Veterana F45	01:00:26	+29:23	06:03
480	258	Lia Cruz	individual	Senior Feminino	01:00:27	+29:23	06:03
481	176	João Carlos Pires da Fonte	grohe	Veterano M45	01:00:44	+29:40	06:04
482	103	Fernanda Marques	civilria runclub	Veterana F45	01:00:48	+29:44	06:05
483	244	Jessica Simões	individual	Senior Feminino	01:00:59	+29:55	06:06
484	359	Francisco Ferreira	individual	Senior Masculino	01:00:59	+29:55	06:06
485	363	Gil Simões	individual	Senior Masculino	01:00:59	+29:55	06:06

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
486	494	Joana Saraiva	individual	Veterana F45	01:01:06	+30:02	06:07
487	251	Joana Tavares	individual	Senior Feminino	01:01:06	+30:02	06:07
488	189	João Pedro Tinoco	hut runners aveiro	Senior Masculino	01:01:10	+30:06	06:07
489	187	Mariana Valentim Teixeira de Bastos	hut runners aveiro	Senior Feminino	01:01:10	+30:06	06:07
490	233	Helena Moreira	individual	Senior Feminino	01:01:11	+30:07	06:07
491	572	António José Santos	individual	Veterano M55	01:01:12	+30:08	06:07
492	600	Susana Leite	night runners feira	Veterana F45	01:01:13	+30:10	06:07
493	601	Antonio Almeida	night runners feira	Veterano M45	01:01:14	+30:10	06:07
494	13	Ana Neves	ana neves	Veterana F45	01:01:15	+30:12	06:08
495	680	Cátia Sofia Silva Brandão	últimos mas unidos	Senior Feminino	01:01:24	+30:20	06:08
496	190	Cláudia Negrão	hut runners aveiro	Veterana F45	01:01:25	+30:21	06:08
497	681	Isabel Patrícia Silva Brandão	últimos mas unidos	Senior Feminino	01:01:27	+30:23	06:09
498	65	Jordao laranja	cenap	Veterano M45	01:01:41	+30:37	06:10
499	705	Jane Sofia	individual	Veterana F45	01:01:42	+30:38	06:10
500	701	Armando Sousa	individual	Veterano M55	01:01:50	+30:47	06:11
501	210	Carla Soraia da Silva	individual	Senior Feminino	01:01:51	+30:47	06:11
502	131	teresa soares	costanova.run	Veterana F45	01:02:06	+31:02	06:13
503	213	Carolina Vieira	individual	Senior Feminino	01:02:06	+31:02	06:13
504	466	Rui Vilela	individual	Senior Masculino	01:02:10	+31:06	06:13
505	294	Rute Silva	individual	Senior Feminino	01:02:10	+31:07	06:13
506	613	Cristiana Raquel Fernandes Lobo Leite	prio	Senior Feminino	01:02:13	+31:09	06:13
507	621	Diogo Artur Landeira Limas	prio	Senior Masculino	01:02:14	+31:10	06:13
508	548	Miguel Linhares	individual	Veterano M45	01:02:19	+31:15	06:14
509	665	Marisa da Costa Bastos de Almeida	solar o condado	Veterana F45	01:02:23	+31:19	06:14
510	645	Sara Sarabando	reumáticos & etc	Senior Feminino	01:02:25	+31:22	06:15
511	647	Mauro Simões	reumáticos & etc	Senior Masculino	01:02:26	+31:22	06:15
512	296	Sandra Martins	individual	Senior Feminino	01:02:30	+31:27	06:15
513	272	Mariana Martins	individual	Senior Feminino	01:02:31	+31:27	06:15
514	185	Rosa Rocha Teixeira Ferreira	grupo desportivo da gafanha (gdg)	Veterana F55	01:02:32	+31:28	06:15
515	196	Ana Alves	individual	Senior Feminino	01:02:32	+31:28	06:15
516	119	Artur Varum	civilria runclub	Veterano M55	01:02:33	+31:29	06:15
517	99	Tomás Pereira	civilria runclub	Senior Masculino	01:02:33	+31:29	06:15
518	100	Carla Torres	civilria runclub	Veterana F45	01:02:34	+31:30	06:15
519	69	Beatriz Varum	civilria runclub	Senior Feminino	01:02:34	+31:30	06:15
520	41	Alcides Marquinhos	barra ocean runners	Veterano M55	01:02:37	+31:33	06:16
521	449	Renato Areias	individual	Senior Masculino	01:02:58	+31:54	06:18
522	571	Alexandre Cysne	individual	Veterano M55	01:03:03	+31:59	06:18
523	283	Rafaela Semião	individual	Senior Feminino	01:03:14	+32:10	06:19
524	79	Soraia Couceiro	civilria runclub	Senior Feminino	01:03:15	+32:11	06:19
525	688	Maria Isabel Marques Gonçalves	we can run aveiro	Veterana F45	01:03:19	+32:15	06:20
526	684	CATARINA MARQUES	we can run aveiro	Senior Feminino	01:03:19	+32:15	06:20
527	298	Sara Oliveira	individual	Senior Feminino	01:03:34	+32:30	06:21
528	197	Ana Catarina Branco Almeida	individual	Senior Feminino	01:03:34	+32:31	06:21

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
529	606	Mi Gonzatti	país em fuga	Senior Feminino	01:03:36	+32:32	06:22
530	607	Tânia Ferreira	país em fuga	Senior Feminino	01:03:36	+32:32	06:22
531	385	João Ferreira	individual	Senior Masculino	01:03:40	+32:36	06:22
532	329	Cristiano Pereira	individual	Senior Masculino	01:03:40	+32:37	06:22
533	245	Jheniffer Silva	individual	Senior Feminino	01:03:44	+32:41	06:22
534	288	Rita Cavaleiros	individual	Senior Feminino	01:03:56	+32:52	06:24
535	586	Maria Gabriel	lentinhos	Senior Feminino	01:04:02	+32:58	06:24
536	597	Ana Cristina Gomes Brandão	night runners feira	Senior Feminino	01:04:19	+33:15	06:26
537	599	Susana Claudia Gomes Santos	night runners feira	Veterana F45	01:04:19	+33:16	06:26
538	661	Paulo Alexandre Mendes Da Silva	silva`s	Veterano M45	01:04:48	+33:44	06:29
539	660	José Afonso Baião Silva	silva`s	Senior Masculino	01:04:48	+33:44	06:29
540	649	Paula Almeida Tavares	reumáticos & etc	Veterana F45	01:04:58	+33:54	06:30
541	362	Frederico Teixeira	individual	Senior Masculino	01:05:07	+34:03	06:31
542	212	Carolina Silveira Martins	individual	Senior Feminino	01:05:07	+34:03	06:31
543	186	Alejandra Lianza	hut runners aveiro	Senior Feminino	01:05:10	+34:06	06:31
544	282	Priscila Brandão	individual	Senior Feminino	01:05:14	+34:10	06:31
545	72	Diana Varum	civilria runclub	Senior Feminino	01:05:53	+34:49	06:35
546	287	Rita Alves	individual	Senior Feminino	01:05:54	+34:50	06:35
547	237	Inês Madalena Rocha Loureiro	individual	Senior Feminino	01:05:54	+34:50	06:35
548	124	Miguel Pinho	civilria runclub	Veterano M55	01:05:55	+34:51	06:35
549	75	jacqueline fernandes	civilria runclub	Senior Feminino	01:05:56	+34:52	06:36
550	303	Tânia Inácio	individual	Senior Feminino	01:06:03	+34:59	06:36
551	47	Ana Macieira	bora treinar running club	Senior Feminino	01:06:09	+35:05	06:37
552	116	Pedro Lima	civilria runclub	Veterano M45	01:06:09	+35:05	06:37
553	46	Bernardo Vieito	bernardo vieito	Senior Masculino	01:06:14	+35:10	06:37
554	204	Barbara Pereira	individual	Senior Feminino	01:06:19	+35:15	06:38
555	8	Cláudio seabra	100 ritmo	Veterano M45	01:06:24	+35:21	06:38
556	492	Ivone Cristina Fernandes Jaco	individual	Veterana F45	01:06:32	+35:28	06:39
557	437	Pedro Ferreira	individual	Senior Masculino	01:06:32	+35:29	06:39
558	589	Andrea Vale	lentinhos	Veterana F45	01:07:13	+36:10	06:43
559	199	Ana Costa	individual	Senior Feminino	01:07:17	+36:13	06:44
560	80	Soraia Pires	civilria runclub	Senior Feminino	01:07:24	+36:20	06:44
561	231	Gisela Pinto	individual	Senior Feminino	01:09:24	+38:20	06:56
562	215	Catarina Madail de Bastos	individual	Senior Feminino	01:09:25	+38:21	06:57
563	221	Daniela Jesus	individual	Senior Feminino	01:09:36	+38:32	06:58
564	257	Leonor Costa	individual	Senior Feminino	01:09:39	+38:35	06:58
565	195	Ana Almeida	individual	Senior Feminino	01:09:44	+38:40	06:58
566	644	Andreia Simões	reumáticos & etc	Senior Feminino	01:09:45	+38:41	06:58
567	653	João Laranjeiro	reumáticos & etc	Veterano M45	01:09:45	+38:41	06:59
568	234	Inês Lalanda	individual	Senior Feminino	01:10:05	+39:01	07:00
569	256	Léa Robert	individual	Senior Feminino	01:10:48	+39:44	07:05
570	448	Rafael simoes	individual	Senior Masculino	01:10:50	+39:46	07:05
571	569	Sérgio Alexandre Marcelino de Figueiredo	individual	Veterano M45	01:11:47	+40:43	07:11
572	648	Deolinda Silva João	reumáticos & etc	Veterana F45	01:11:50	+40:46	07:11
573	274	Marta Pereira	individual	Senior Feminino	01:11:58	+40:54	07:12

PROVA PRINCIPAL - STAGE 1

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
574	465	Rui Carneiro	individual	Senior Masculino	01:11:58	+40:54	07:12
575	81	Tassia Lino	civilria runclub	Senior Feminino	01:12:00	+40:56	07:12
576	162	Cláudia Susana Costa Marques	glicinias plaza	Veterana F45	01:12:18	+41:14	07:14
577	56	Francisco Igreja	bora treinar running club	Veterano M55	01:12:18	+41:14	07:14
578	344	Diogo Paula	individual	Senior Masculino	01:12:37	+41:33	07:16
579	425	Miguel Marques	individual	Senior Masculino	01:13:49	+42:45	07:23
580	218	Catarina Neto	individual	Senior Feminino	01:13:49	+42:46	07:23
581	291	Rosa Polanco	individual	Senior Feminino	01:13:51	+42:47	07:23
582	302	Susana herrera	individual	Senior Feminino	01:15:19	+44:15	07:32
583	240	Irene Floresina Marques Amaral	individual	Senior Feminino	01:15:49	+44:45	07:35
584	285	Raquel Rocha	individual	Senior Feminino	01:15:49	+44:45	07:35
585	101	Claudia Trindade	civilria runclub	Veterana F45	01:19:44	+48:40	07:58
586	174	José Manoel Soares Picanço Neto	grohe	Senior Masculino	01:21:05	+50:01	08:07
587	170	Rebeca Reinehr de Souza	grohe	Senior Feminino	01:21:05	+50:02	08:07
588	241	Íris Portela	individual	Senior Feminino	01:21:07	+50:03	08:07
589	524	Davidson Luís Menezes Rodrigues	individual	Veterano M45	01:21:47	+50:43	08:11
590	293	Rosinda Fernandes	individual	Senior Feminino	01:22:50	+51:46	08:17

Obs

BIB	NOTE	NAME	TEAM	CAT
544	DQ	MARCIO RAMALHO	Individual	Veterano M45
142	DNF	Tiago Jesus	Farmácia Anã Castro	Senior Masculino
422	DNF	Micael Morais	Individual	Senior Masculino
514	DNF	Manuela Silva	Individual	Veterana F55
670	DNF	Nádia Morais	TDCrédito	Senior Feminino
674	DNF	Diogo Cardoso	TDCrédito	Veterano M45

Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

	Time	Temperature	Humidity
Start	10:00	23,6°C	70%
End	11:23	23,6°C	70%

RANK	BIB	NAME	TEAM	CAT	RESULT	DIFF	t/KM
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Senior Feminino

1	708	Joana Nunes	Reumaticos	Senior Feminino	36:18	03:38
2	73	Inês Gomes	Civilria RunClub	Senior Feminino	37:13	+00:55 03:43
3	165	Carolina Ribeiro	GRECAS	Senior Feminino	38:37	+02:18 03:52
4	269	Maria Marques	Individual	Senior Feminino	40:39	+04:21 04:04
5	166	Joana Marques	GRECAS	Senior Feminino	41:27	+05:09 04:09
6	77	Rafaela Oliveira	Civilria RunClub	Senior Feminino	44:35	+08:16 04:27
7	232	Gissell Andrade	Individual	Senior Feminino	45:19	+09:00 04:32
8	136	Beatriz Mota	Equipa maravilla	Senior Feminino	46:01	+09:43 04:36
9	671	Raquel Lopes	TDCrédito	Senior Feminino	47:14	+10:55 04:43
10	636	Helena silva	Reumaticos	Senior Feminino	47:35	+11:16 04:45
11	281	Patricia Oliveira	Individual	Senior Feminino	47:47	+11:29 04:47
12	198	Ana Cláudia Videira	Individual	Senior Feminino	47:49	+11:30 04:47
13	262	Liliana Silva	Individual	Senior Feminino	48:00	+11:41 04:48
14	76	Mariana Matos	Civilria RunClub	Senior Feminino	48:04	+11:46 04:48
15	19	Matilde Monjardino	Barra Ocean Runners	Senior Feminino	48:18	+12:00 04:50
16	270	Maria Gaspar	Individual	Senior Feminino	48:49	+12:30 04:53
17	18	Mariana Ferreira	Barra Ocean Runners	Senior Feminino	48:54	+12:36 04:53
18	246	Joana Abrantes	Individual	Senior Feminino	49:05	+12:47 04:55
19	184	Diana Gavião	GRUPO DESPORTIVO DA GAFANHA (GDG)	Senior Feminino	49:09	+12:50 04:55
20	250	Joana Silva Marques	Individual	Senior Feminino	49:53	+13:34 04:59
21	203	Andreia Cristina Gonçalves vieira	Individual	Senior Feminino	50:12	+13:54 05:01
22	267	Mafalda Segura	Individual	Senior Feminino	50:14	+13:55 05:01
23	703	Carla Bastos	Individual	Senior Feminino	50:24	+14:05 05:02
24	228	Filipa Silva	Individual	Senior Feminino	50:45	+14:26 05:04
25	223	Diana Nogueira	Individual	Senior Feminino	50:45	+14:26 05:04
26	49	Sandra Ramos	BORA TREINAR RUNNING CLUB	Senior Feminino	50:45	+14:27 05:05
27	48	Ines Machado	BORA TREINAR RUNNING CLUB	Senior Feminino	50:45	+14:27 05:05
28	20	Sónia Azevedo	Barra Ocean Runners	Senior Feminino	50:47	+14:28 05:05
29	205	Beatriz Matos	Individual	Senior Feminino	50:54	+14:36 05:05
30	243	Jéssica Silva	Individual	Senior Feminino	51:01	+14:43 05:06
31	280	Patricia Cai Lin	Individual	Senior Feminino	51:03	+14:44 05:06
32	247	Joana Antunes	Individual	Senior Feminino	51:06	+14:47 05:07
33	60	Matilde Tavares	Canóistas	Senior Feminino	51:15	+14:57 05:08
34	264	Mafalda Castro Neves	Individual	Senior Feminino	51:33	+15:15 05:09
35	227	Filipa freire	Individual	Senior Feminino	51:36	+15:18 05:10
36	261	Liliana Roldão	Individual	Senior Feminino	51:53	+15:35 05:11
37	618	Sara Tschumi Murtinheira Martins	PRIO	Senior Feminino	52:03	+15:44 05:12
38	300	Sónia Dinis	Individual	Senior Feminino	52:05	+15:46 05:12
39	134	Dulce Cunha	Dulce&Fábio	Senior Feminino	52:21	+16:03 05:14

Official Timekeeper: Lap2Go	1 / 14	generate 11-out.-2026 11:27
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Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

40	278	Michelly Cristina Gonçalves camara	Individual	Senior Feminino	52:40	+16:21	05:16
41	238	Inês Nunes	Individual	Senior Feminino	52:44	+16:25	05:16
42	220	Dani Gomes	Individual	Senior Feminino	52:55	+16:37	05:18
43	273	Marta Dias	Individual	Senior Feminino	53:28	+17:09	05:21
44	292	Rosa Reis	Individual	Senior Feminino	53:37	+17:18	05:22
45	619	Tetyana Blynets	PRIO	Senior Feminino	53:38	+17:20	05:22
46	151	Lara Gaspar	Gaspar	Senior Feminino	53:39	+17:20	05:22
47	249	Joana Rodrigues	Individual	Senior Feminino	53:40	+17:21	05:22
48	42	Rita Fardilha	Barra Swim Club	Senior Feminino	53:40	+17:22	05:22
49	305	Vania Fidalgo	Individual	Senior Feminino	53:41	+17:22	05:22
50	157	Sara Tavares Santos	Glicinias Plaza	Senior Feminino	53:53	+17:35	05:23
51	290	Rita Nova	Individual	Senior Feminino	54:13	+17:55	05:25
52	254	Kristine Plikse	Individual	Senior Feminino	54:30	+18:11	05:27
53	70	Catarina Campos	Civilria RunClub	Senior Feminino	54:34	+18:16	05:27
54	21	Tatiana Barroco	Barra Ocean Runners	Senior Feminino	55:49	+19:30	05:35
55	208	Bruna Santos	Individual	Senior Feminino	55:52	+19:33	05:35
56	295	Sabine Brito	Individual	Senior Feminino	55:58	+19:39	05:36
57	709	Stephanie veitia reyes	Individual	Senior Feminino	56:17	+19:58	05:38
58	236	Inês Machado Gomes Baptista	Individual	Senior Feminino	56:26	+20:08	05:39
59	304	Thaís Rocha	Individual	Senior Feminino	56:28	+20:10	05:39
60	279	Mónica Dias	Individual	Senior Feminino	56:50	+20:32	05:41
61	202	Anabela Pinto	Individual	Senior Feminino	56:53	+20:35	05:41
62	616	Raquel Marques Ferreira	PRIO	Senior Feminino	56:53	+20:35	05:41
63	194	Adriana Lopes	Individual	Senior Feminino	57:06	+20:47	05:43
64	224	Diana Souto	Individual	Senior Feminino	57:06	+20:47	05:43
65	201	Ana Sofia Rolo Santos	Individual	Senior Feminino	57:07	+20:49	05:43
66	225	Érica Diamantino	Individual	Senior Feminino	57:08	+20:50	05:43
67	16	Fabi Sarabando	Barra Ocean Runners	Senior Feminino	57:17	+20:59	05:44
68	206	Beatriz Riquito	Individual	Senior Feminino	57:25	+21:06	05:44
69	301	Stephanie Sommer	Individual	Senior Feminino	57:25	+21:06	05:44
70	307	Viviana Espinoza	Individual	Senior Feminino	57:26	+21:07	05:45
71	286	Rayene Paiva	Individual	Senior Feminino	57:26	+21:07	05:45
72	216	Catarina Marabuto	Individual	Senior Feminino	57:31	+21:12	05:45
73	17	Mafalda Machado Martins	Barra Ocean Runners	Senior Feminino	57:31	+21:12	05:45
74	702	Andréia Silva	Individual	Senior Feminino	57:40	+21:22	05:46
75	704	Susana Pechim	Individual	Senior Feminino	57:40	+21:22	05:46
76	268	Margarida Santos	Individual	Senior Feminino	58:04	+21:46	05:48
77	235	Inês Limas	Individual	Senior Feminino	58:15	+21:56	05:50
78	266	Mafalda Martins	Individual	Senior Feminino	58:15	+21:57	05:50
79	255	Laura Pires	Individual	Senior Feminino	58:16	+21:57	05:50
80	259	Liliana Ferreira	Individual	Senior Feminino	58:21	+22:03	05:50
81	260	Liliana Pereira	Individual	Senior Feminino	58:21	+22:03	05:50
82	230	Gilda Aires	Individual	Senior Feminino	58:34	+22:16	05:51
83	71	Claudia Pinho	Civilria RunClub	Senior Feminino	58:35	+22:16	05:51
84	592	Paula Vieira	Linguini e Gnocchi	Senior Feminino	58:46	+22:28	05:53
85	299	Sofia Ventur	Individual	Senior Feminino	58:50	+22:32	05:53

Official Timekeeper: Lap2Go	2 / 14	generate 11-out.-2026 11:27
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Prova Principal

10 KM

[illegible]

OFFICIAL RESULT

[illegible]

86	253	Karina Sotska	Individual	Senior Feminino	59:02	+22:43	05:54
87	248	Joana Carolina Sacchetti	Individual	Senior Feminino	59:04	+22:45	05:54
88	239	Inês Silva Bento	Individual	Senior Feminino	59:04	+22:45	05:54
89	222	Diana Marcelino	Individual	Senior Feminino	59:35	+23:17	05:58
90	140	Leonor Teresa de Pinho Silva	Família de Pinho	Senior Feminino	59:55	+23:37	06:00
91	68	Beatriz Aires Ferreira	Civilria RunClub	Senior Feminino	59:57	+23:39	06:00
92	83	Zarina Gontscharenko	Civilria RunClub	Senior Feminino	01:00:09	+23:50	06:01
93	209	Carina Alves	Individual	Senior Feminino	01:00:20	+24:02	06:02
94	78	Sílvia Rodrigues	Civilria RunClub	Senior Feminino	01:00:24	+24:06	06:02
95	258	Lia Cruz	Individual	Senior Feminino	01:00:27	+24:08	06:03
96	244	Jessica Simões	Individual	Senior Feminino	01:00:59	+24:40	06:06
97	251	Joana Tavares	Individual	Senior Feminino	01:01:06	+24:47	06:07
98	187	Mariana Valentim Teixeira de Bastos	Hut Runners Aveiro	Senior Feminino	01:01:10	+24:52	06:07
99	233	Helena Moreira	Individual	Senior Feminino	01:01:11	+24:53	06:07
100	680	Cátia Sofia Silva Brandão	Últimos mas Unidos	Senior Feminino	01:01:24	+25:05	06:08
101	681	Isabel Patrícia Silva Brandão	Últimos mas Unidos	Senior Feminino	01:01:27	+25:08	06:09
102	210	Carla Soraia da Silva	Individual	Senior Feminino	01:01:51	+25:33	06:11
103	213	Carolina Vieira	Individual	Senior Feminino	01:02:06	+25:47	06:13
104	294	Rute Silva	Individual	Senior Feminino	01:02:10	+25:52	06:13
105	613	Cristiana Raquel Fernandes Lobo Leite	PRIO	Senior Feminino	01:02:13	+25:54	06:13
106	645	Sara Sarabando	Reumáticos & Etc	Senior Feminino	01:02:25	+26:07	06:15
107	296	Sandra Martins	Individual	Senior Feminino	01:02:30	+26:12	06:15
108	272	Mariana Martins	Individual	Senior Feminino	01:02:31	+26:12	06:15
109	196	Ana Alves	Individual	Senior Feminino	01:02:32	+26:14	06:15
110	69	Beatriz Varum	Civilria RunClub	Senior Feminino	01:02:34	+26:15	06:15
111	283	Rafaela Semião	Individual	Senior Feminino	01:03:14	+26:56	06:19
112	79	Soraia Couceiro	Civilria RunClub	Senior Feminino	01:03:15	+26:56	06:19
113	684	CATARINA MARQUES	WE CAN RUN AVEIRO	Senior Feminino	01:03:19	+27:00	06:20
114	298	Sara Oliveira	Individual	Senior Feminino	01:03:34	+27:16	06:21
115	197	Ana Catarina Branco Almeida	Individual	Senior Feminino	01:03:34	+27:16	06:21
116	606	Mi Gonzatti	País em fuga	Senior Feminino	01:03:36	+27:17	06:22
117	607	Tânia Ferreira	País em fuga	Senior Feminino	01:03:36	+27:17	06:22
118	245	Jheniffer Silva	Individual	Senior Feminino	01:03:44	+27:26	06:22
119	288	Rita Cavalinhos	Individual	Senior Feminino	01:03:56	+27:37	06:24
120	586	Maria Gabriel	lentinhos	Senior Feminino	01:04:02	+27:43	06:24
121	597	Ana Cristina Gomes Brandão	NIGHT Runners Feira	Senior Feminino	01:04:19	+28:01	06:26
122	212	Carolina Silveira Martins	Individual	Senior Feminino	01:05:07	+28:49	06:31
123	186	Alejandra Lianza	Hut Runners Aveiro	Senior Feminino	01:05:10	+28:51	06:31
124	282	Priscila Brandão	Individual	Senior Feminino	01:05:14	+28:55	06:31
125	72	Diana Varum	Civilria RunClub	Senior Feminino	01:05:53	+29:34	06:35
126	287	Rita Alves	Individual	Senior Feminino	01:05:54	+29:35	06:35
127	237	Inês Madalena Rocha Loureiro	Individual	Senior Feminino	01:05:54	+29:36	06:35
128	75	jacqueline fernandes	Civilria RunClub	Senior Feminino	01:05:56	+29:38	06:36
129	303	Tânia Inácio	Individual	Senior Feminino	01:06:03	+29:45	06:36
130	47	Ana Macieira	BORA TREINAR RUNNING CLUB	Senior Feminino	01:06:09	+29:50	06:37
131	204	Barbara Pereira	Individual	Senior Feminino	01:06:19	+30:00	06:38

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132	199	Ana Costa	Individual	Senior Feminino	01:07:17	+30:59	06:44
133	80	Soraia Pires	Civilria RunClub	Senior Feminino	01:07:24	+31:05	06:44
134	231	Gisela Pinto	Individual	Senior Feminino	01:09:24	+33:06	06:56
135	215	Catarina Madail de Bastos	Individual	Senior Feminino	01:09:25	+33:07	06:57
136	221	Daniela Jesus	Individual	Senior Feminino	01:09:36	+33:18	06:58
137	257	Leonor Costa	Individual	Senior Feminino	01:09:39	+33:20	06:58
138	195	Ana Almeida	Individual	Senior Feminino	01:09:44	+33:25	06:58
139	644	Andreia Simões	Reumáticos & Etc	Senior Feminino	01:09:45	+33:26	06:58
140	234	Inês Laland	Individual	Senior Feminino	01:10:05	+33:46	07:00
141	256	Léa Robert	Individual	Senior Feminino	01:10:48	+34:30	07:05
142	274	Marta Pereira	Individual	Senior Feminino	01:11:58	+35:39	07:12
143	81	Tassia Lino	Civilria RunClub	Senior Feminino	01:12:00	+35:42	07:12
144	218	Catarina Neto	Individual	Senior Feminino	01:13:49	+37:31	07:23
145	291	Rosa Polanco	Individual	Senior Feminino	01:13:51	+37:33	07:23
146	302	Susana herrera	Individual	Senior Feminino	01:15:19	+39:00	07:32
147	240	Irene Floresina Marques Amaral	Individual	Senior Feminino	01:15:49	+39:30	07:35
148	285	Raquel Rocha	Individual	Senior Feminino	01:15:49	+39:30	07:35
149	170	Rebeca Reinehr de Souza	grohe	Senior Feminino	01:21:05	+44:47	08:07
150	241	Íris Portela	Individual	Senior Feminino	01:21:07	+44:48	08:07
151	293	Rosinda Fernandes	Individual	Senior Feminino	01:22:50	+46:32	08:17

1	168	Nuno Miguel	GRECAS	Senior Masculino	31:03	03:06
2	57	Rui Ferreira	C. D. São Salvador do Campo	Senior Masculino	31:47	+00:43 03:11
3	594	Luis manuel de ponho diogo	Luis Manuel Pinho Diogo	Senior Masculino	32:38	+01:34 03:16
4	700	Paulo Faria	Individual	Senior Masculino	33:47	+02:44 03:23
5	10	Rui Costa	ACD Os Ilhavos	Senior Masculino	33:58	+02:54 03:24
6	89	João Freitas	Civilria RunClub	Senior Masculino	34:35	+03:31 03:27
7	394	João Ricardo	Individual	Senior Masculino	34:54	+03:50 03:29
8	345	Diogo Rafael	Individual	Senior Masculino	34:55	+03:51 03:30
9	310	Alex Oliveira	Individual	Senior Masculino	34:57	+03:53 03:30
10	451	Renato Santos Ferreira	Individual	Senior Masculino	35:00	+03:56 03:30
11	686	Kevin Amoedo	WE CAN RUN AVEIRO	Senior Masculino	35:13	+04:09 03:31
12	337	Diogo Areias	Individual	Senior Masculino	35:32	+04:29 03:33
13	64	Ricardo Auxiliar	CENAP	Senior Masculino	35:42	+04:38 03:34
14	24	Josué Marques	Barra Ocean Runners	Senior Masculino	35:52	+04:48 03:35
15	63	André Novais	CENAP	Senior Masculino	35:58	+04:54 03:36
16	480	Vasco Miguel Martins Lourenço	Individual	Senior Masculino	36:29	+05:25 03:39
17	343	Diogo Oliveira	Individual	Senior Masculino	36:29	+05:26 03:39
18	391	João Paulo Martins Julião	Individual	Senior Masculino	37:00	+05:56 03:42
19	173	Joao Ramos Moreira	grohe	Senior Masculino	37:43	+06:39 03:46
20	87	HUGO JUSTIÇA	Civilria RunClub	Senior Masculino	37:43	+06:40 03:46
21	429	Nuno pinho	Individual	Senior Masculino	37:43	+06:40 03:46
22	167	Filipe Nogueira	GRECAS	Senior Masculino	37:52	+06:48 03:47
23	28	Luís Gomes	Barra Ocean Runners	Senior Masculino	37:58	+06:54 03:48

Prova Principal

10 KM

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OFFICIAL RESULT

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24	410	Lucas Santos	Individual	Senior Masculino	38:19	+07:15	03:50
25	356	Fernando Rafael Silva Marques	Individual	Senior Masculino	38:29	+07:25	03:51
26	311	Alexandre Nogueira	Individual	Senior Masculino	38:40	+07:36	03:52
27	346	Diogo Rebelo	Individual	Senior Masculino	38:46	+07:42	03:53
28	411	Lucas Ventura	Individual	Senior Masculino	38:47	+07:43	03:53
29	158	Diogo Filipe Ferreira Filipe	Glicinias Plaza	Senior Masculino	38:49	+07:45	03:53
30	685	Daniel Chipelo	WE CAN RUN AVEIRO	Senior Masculino	39:44	+08:40	03:58
31	97	Simão Tomaz Duarte	Civilria RunClub	Senior Masculino	39:51	+08:47	03:59
32	430	Nuno Sarabando	Individual	Senior Masculino	40:04	+09:00	04:00
33	418	Luís Semião	Individual	Senior Masculino	40:08	+09:05	04:01
34	12	Igor Alves	ACREMA	Senior Masculino	40:21	+09:17	04:02
35	361	Frederico de Gusmão Calheiros Nunes da Silva	Individual	Senior Masculino	40:29	+09:25	04:03
36	51	Dinis Reis Ferreira	BORA TREINAR RUNNING CLUB	Senior Masculino	40:38	+09:34	04:04
37	25	Leonardo Gil	Barra Ocean Runners	Senior Masculino	40:38	+09:34	04:04
38	314	André Almeida Oliveira	Individual	Senior Masculino	40:46	+09:43	04:05
39	145	Natanael Sousa Rodrigues	Força tripla	Senior Masculino	40:49	+09:45	04:05
40	327	César Abrantes	Individual	Senior Masculino	40:57	+09:53	04:06
41	634	Valter Soares	R5	Senior Masculino	41:01	+09:57	04:06
42	707	Pedro Barreiro	Individual	Senior Masculino	41:16	+10:12	04:08
43	588	Santiago Simoes	lentinhos	Senior Masculino	41:16	+10:12	04:08
44	27	Luís Filipe Rocha	Barra Ocean Runners	Senior Masculino	41:20	+10:16	04:08
45	433	Paulo Vigarão	Individual	Senior Masculino	41:23	+10:19	04:08
46	317	Andre Ferreira	Individual	Senior Masculino	41:25	+10:21	04:09
47	159	Firmino Vieira Salgado	Glicinias Plaza	Senior Masculino	41:26	+10:22	04:09
48	26	Luís Balreira	Barra Ocean Runners	Senior Masculino	41:38	+10:34	04:10
49	353	Felipe Gomes Araujo	Individual	Senior Masculino	41:46	+10:42	04:11
50	360	Francisco Santos Oliveira	Individual	Senior Masculino	41:47	+10:43	04:11
51	354	Fernando Javier Blanco Da Silva	Individual	Senior Masculino	42:05	+11:02	04:13
52	377	Hugo Cabral Monteiro	Individual	Senior Masculino	42:08	+11:04	04:13
53	405	José Mora	Individual	Senior Masculino	42:09	+11:05	04:13
54	386	João Leirião	Individual	Senior Masculino	42:20	+11:16	04:14
55	400	Jorge Martins	Individual	Senior Masculino	42:23	+11:19	04:14
56	383	João Brito	Individual	Senior Masculino	42:24	+11:21	04:14
57	90	Miguel Cruz	Civilria RunClub	Senior Masculino	42:26	+11:22	04:15
58	682	José Manuel Vieira Fernandes	Últimos mas Unidos	Senior Masculino	42:52	+11:48	04:17
59	413	Luis Carlos Valente Pinho	Individual	Senior Masculino	42:53	+11:49	04:17
60	458	Ricardo Roque	Individual	Senior Masculino	42:59	+11:55	04:18
61	432	Paulo Jorge Alves Gonçalves	Individual	Senior Masculino	43:04	+12:00	04:18
62	455	Ricardo Cardoso	Individual	Senior Masculino	43:09	+12:05	04:19
63	370	Gui Akino	Individual	Senior Masculino	43:16	+12:13	04:20
64	322	Bernardo Pereira	Individual	Senior Masculino	43:32	+12:29	04:21
65	469	Sérgio Pato	Individual	Senior Masculino	43:48	+12:44	04:23
66	485	Vitor Rompante	Individual	Senior Masculino	43:52	+12:48	04:23
67	379	Hugo Simões	Individual	Senior Masculino	43:57	+12:54	04:24
68	333	Danilo Santana	Individual	Senior Masculino	43:59	+12:55	04:24
69	595	Carlos Simões	Manos Simões	Senior Masculino	44:12	+13:09	04:25

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Prova Principal

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OFFICIAL RESULT

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70	596	Luís Simões	Manos Simões	Senior Masculino	44:13	+13:09	04:25
71	416	Luis Lamas	Individual	Senior Masculino	44:14	+13:10	04:25
72	323	Bruno Ferreira	Individual	Senior Masculino	44:16	+13:12	04:26
73	84	Acácio Figueiredo	Civilria RunClub	Senior Masculino	44:25	+13:22	04:27
74	415	Luis Felizardo	Individual	Senior Masculino	44:28	+13:25	04:27
75	44	Fernando pontes da silva	Barra time	Senior Masculino	44:31	+13:27	04:27
76	88	João Caetano	Civilria RunClub	Senior Masculino	44:34	+13:30	04:27
77	36	Tiago Neves	Barra Ocean Runners	Senior Masculino	44:35	+13:31	04:27
78	380	Jhonatan Almeida Nogueira	Individual	Senior Masculino	44:44	+13:40	04:28
79	29	Nuno Silva	Barra Ocean Runners	Senior Masculino	44:47	+13:44	04:29
80	620	Carlos Eduardo Domingues	PRIO	Senior Masculino	44:49	+13:45	04:29
81	464	Ruben Pio	Individual	Senior Masculino	44:51	+13:47	04:29
82	34	Rui Saraiva	Barra Ocean Runners	Senior Masculino	45:04	+14:00	04:30
83	372	Guilherme Oliveira	Individual	Senior Masculino	45:08	+14:04	04:31
84	35	Tiago Mónica	Barra Ocean Runners	Senior Masculino	45:16	+14:12	04:32
85	382	João Batista	Individual	Senior Masculino	45:19	+14:15	04:32
86	341	Diogo Gonçalves	Individual	Senior Masculino	45:20	+14:16	04:32
87	439	Pedro Manuel da Costa Serrano	Individual	Senior Masculino	45:30	+14:26	04:33
88	339	Diogo Daniel Lopes Almeida	Individual	Senior Masculino	45:33	+14:29	04:33
89	144	Filipe Almeida	Força tripla	Senior Masculino	45:47	+14:43	04:35
90	608	Gleverson Nunes de Carvalho	País em fuga	Senior Masculino	45:55	+14:51	04:36
91	626	Paulo André Gonçalves Lobo	PRIO	Senior Masculino	46:05	+15:02	04:37
92	378	HUGO MATOS	Individual	Senior Masculino	46:09	+15:05	04:37
93	598	Paulo Jorge Trindade de Amorim	NIGHT Runners Feira	Senior Masculino	46:10	+15:06	04:37
94	445	Rafael Gomes	Individual	Senior Masculino	46:11	+15:07	04:37
95	631	Daniel Rocha	R5	Senior Masculino	46:11	+15:07	04:37
96	630	Celso Conceição	R5	Senior Masculino	46:16	+15:13	04:38
97	326	Carlos Nogueira	Individual	Senior Masculino	46:19	+15:15	04:38
98	315	Andre Andrade	Individual	Senior Masculino	46:43	+15:39	04:40
99	664	Jorge Miguel Domingos Lúcio	Solar O Condado	Senior Masculino	46:46	+15:42	04:41
100	309	Adeilson Silva	Individual	Senior Masculino	46:50	+15:46	04:41
101	398	João Victor Lopes Ferreira	Individual	Senior Masculino	46:57	+15:53	04:42
102	352	Eugénio Manuel Teixeira Guiomar	Individual	Senior Masculino	46:59	+15:55	04:42
103	392	João Pedro Maio de Castro Ferreira	Individual	Senior Masculino	47:00	+15:56	04:42
104	312	Alexandre Resende	Individual	Senior Masculino	47:03	+15:59	04:42
105	14	Armando Cavaleiro	Atronia	Senior Masculino	47:05	+16:01	04:42
106	15	José Carvalho	Atronia	Senior Masculino	47:05	+16:01	04:43
107	706	Afonso Xavier	Individual	Senior Masculino	47:09	+16:05	04:43
108	443	Pedro Teixeira	Individual	Senior Masculino	47:09	+16:05	04:43
109	424	Miguel Freitas	Individual	Senior Masculino	47:23	+16:19	04:44
110	478	Timóteo Marques	Individual	Senior Masculino	47:33	+16:29	04:45
111	632	FÁBIO Teixeira	R5	Senior Masculino	47:39	+16:36	04:46
112	375	Henrique Almeida	Individual	Senior Masculino	47:48	+16:44	04:47
113	365	Gonçalo costa	Individual	Senior Masculino	47:52	+16:48	04:47
114	441	Pedro Neto	Individual	Senior Masculino	48:01	+16:57	04:48
115	355	FERNANDO MESQUITA	Individual	Senior Masculino	48:05	+17:01	04:48

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116	98	Telmo Trindade	Civilria RunClub	Senior Masculino	48:13	+17:09	04:49
117	85	Fábio Malheiro	Civilria RunClub	Senior Masculino	48:13	+17:10	04:49
118	403	José Henriques	Individual	Senior Masculino	48:17	+17:13	04:50
119	324	Bruno Martins	Individual	Senior Masculino	48:18	+17:15	04:50
120	623	João Pedro Martins Gonçalves	PRIO	Senior Masculino	48:26	+17:22	04:51
121	457	Ricardo Rocha	Individual	Senior Masculino	48:44	+17:40	04:52
122	376	Henrique Miranda	Individual	Senior Masculino	48:44	+17:40	04:52
123	395	João Santos	Individual	Senior Masculino	48:47	+17:44	04:53
124	334	David Magalhães	Individual	Senior Masculino	48:50	+17:46	04:53
125	33	Pedro Soeiro	Barra Ocean Runners	Senior Masculino	48:53	+17:49	04:53
126	454	Ricardo Bio	Individual	Senior Masculino	48:53	+17:50	04:53
127	477	Tiago Teixeira	Individual	Senior Masculino	48:55	+17:51	04:53
128	318	André Filipe Loureiro Birbigão	Individual	Senior Masculino	49:00	+17:56	04:54
129	366	Gonçalo da Silva Fonseca	Individual	Senior Masculino	49:01	+17:57	04:54
130	436	Pedro Daniel Lima Santos	Individual	Senior Masculino	49:02	+17:58	04:54
131	434	Pedro Branco Dorez	Individual	Senior Masculino	49:04	+18:00	04:54
132	23	José Nunes	Barra Ocean Runners	Senior Masculino	49:05	+18:01	04:54
133	153	Rui Antunes	GCR.R.PT	Senior Masculino	49:06	+18:02	04:55
134	627	Rafael Oliveira Marques	PRIO	Senior Masculino	49:09	+18:05	04:55
135	404	José Miguel Nogueira	Individual	Senior Masculino	49:10	+18:06	04:55
136	59	Simão Ramos	Calpet	Senior Masculino	49:12	+18:08	04:55
137	74	José Esteves	Civilria RunClub	Senior Masculino	49:13	+18:09	04:55
138	58	José Margarido	Calpet	Senior Masculino	49:13	+18:09	04:55
139	351	Ernesto Abranches	Individual	Senior Masculino	49:14	+18:10	04:55
140	338	Diogo Augusto Carrola	Individual	Senior Masculino	49:15	+18:11	04:55
141	609	Ricardo Costa	País em fuga	Senior Masculino	49:18	+18:14	04:56
142	456	Ricardo José dos Santos Pires	Individual	Senior Masculino	49:22	+18:18	04:56
143	453	Ricardo Bastos	Individual	Senior Masculino	49:27	+18:23	04:57
144	30	Oliveiros Garrelhas	Barra Ocean Runners	Senior Masculino	49:31	+18:27	04:57
145	412	Luís Carlos Jesus Cruz	Individual	Senior Masculino	49:38	+18:34	04:58
146	91	Nuno Novo Silva	Civilria RunClub	Senior Masculino	49:47	+18:43	04:59
147	435	Pedro Cruz	Individual	Senior Masculino	49:50	+18:46	04:59
148	438	Pedro Isabel	Individual	Senior Masculino	49:50	+18:46	04:59
149	450	Renato Pinto	Individual	Senior Masculino	49:56	+18:52	05:00
150	473	Telmo Costa	Individual	Senior Masculino	50:06	+19:02	05:01
151	43	Diogo Jerónimo	Barra Swim Club	Senior Masculino	50:08	+19:04	05:01
152	32	Pedro Inácio	Barra Ocean Runners	Senior Masculino	50:11	+19:07	05:01
153	484	Vítor Almeida	Individual	Senior Masculino	50:23	+19:19	05:02
154	358	Francisco Ferraz	Individual	Senior Masculino	50:24	+19:20	05:02
155	622	Diogo Soares Alves	PRIO	Senior Masculino	50:30	+19:26	05:03
156	364	Gil Vicente Curado Silva	Individual	Senior Masculino	50:31	+19:27	05:03
157	414	Luís Daniel Almeida Oliveira	Individual	Senior Masculino	50:31	+19:27	05:03
158	335	Deivid Carvalho	Individual	Senior Masculino	50:52	+19:48	05:05
159	423	Miguel Cabral	Individual	Senior Masculino	50:52	+19:49	05:05
160	61	Rodrigo Martins	Canoístas	Senior Masculino	50:53	+19:49	05:05
161	625	Luís Carlos Pereira Regala de Figueiredo	PRIO	Senior Masculino	50:58	+19:55	05:06

Prova Principal

10 KM

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OFFICIAL RESULT

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162	332	Daniel Lima	Individual	Senior Masculino	51:03	+19:59	05:06
163	347	Diogo Videira Neto	Individual	Senior Masculino	51:06	+20:02	05:07
164	461	Rodrigo Guerra Ribeiro	Individual	Senior Masculino	51:14	+20:10	05:07
165	408	Leandro Ferreira	Individual	Senior Masculino	51:16	+20:13	05:08
166	137	Diogo Mateus	Equipa maravilla	Senior Masculino	51:29	+20:25	05:09
167	417	Luis Lopes	Individual	Senior Masculino	51:30	+20:26	05:09
168	444	Rafael António Pinto Abrantes	Individual	Senior Masculino	51:33	+20:29	05:09
169	93	Rafael Tavares	Civilria RunClub	Senior Masculino	51:36	+20:32	05:10
170	368	Gonçalo Fernandes	Individual	Senior Masculino	51:52	+20:48	05:11
171	683	João Pacheco	Unidos Run Team	Senior Masculino	51:53	+20:49	05:11
172	593	Marco Resende	Linguini e Gnocchi	Senior Masculino	51:54	+20:50	05:11
173	325	Carlos Cunha	Individual	Senior Masculino	51:56	+20:52	05:12
174	308	ABDERRAHIM ELAHMAR	Individual	Senior Masculino	51:59	+20:55	05:12
175	331	Daniel Branco	Individual	Senior Masculino	52:12	+21:09	05:13
176	135	Fábio santos	Dulce&Fábio	Senior Masculino	52:23	+21:19	05:14
177	604	Emanuel Ornelas	Os Manos	Senior Masculino	52:25	+21:21	05:15
178	605	Gonçalo Ornelas	Os Manos	Senior Masculino	52:25	+21:21	05:15
179	316	André Costa	Individual	Senior Masculino	52:30	+21:26	05:15
180	447	Rafael Rocha	Individual	Senior Masculino	52:40	+21:36	05:16
181	350	Enzo Cruz	Individual	Senior Masculino	52:44	+21:40	05:16
182	426	Miguel Rosa	Individual	Senior Masculino	52:53	+21:50	05:17
183	381	João Augusto Martins Carvalhas	Individual	Senior Masculino	53:00	+21:56	05:18
184	646	João Marçalo Pereira	Reumáticos & Etc	Senior Masculino	53:13	+22:09	05:19
185	446	Rafael Martins	Individual	Senior Masculino	53:14	+22:10	05:19
186	624	José Luís da Costa Fernandes	PRIO	Senior Masculino	53:19	+22:15	05:20
187	319	André pereira	Individual	Senior Masculino	53:42	+22:38	05:22
188	388	Joao Miguel Neves	Individual	Senior Masculino	53:47	+22:43	05:23
189	402	José Fernandes	Individual	Senior Masculino	53:47	+22:43	05:23
190	342	Diogo Miguel Martins Rodrigues	Individual	Senior Masculino	53:47	+22:43	05:23
191	420	Mauro Almeida	Individual	Senior Masculino	54:06	+23:03	05:25
192	369	Gonçalo Morgado	Individual	Senior Masculino	54:34	+23:30	05:27
193	633	Nico Elkan	R5	Senior Masculino	55:15	+24:11	05:32
194	482	Vasco Silva	Individual	Senior Masculino	55:21	+24:17	05:32
195	336	Diogo Alexandre Moreira Amador	Individual	Senior Masculino	55:29	+24:25	05:33
196	172	João Gonçalo Afonso da Fonte	grohe	Senior Masculino	55:41	+24:37	05:34
197	467	Sandro silva	Individual	Senior Masculino	55:56	+24:52	05:36
198	160	Manuel José Pires Rebelo	Glicinias Plaza	Senior Masculino	55:57	+24:53	05:36
199	92	Nuno Pina	Civilria RunClub	Senior Masculino	56:10	+25:06	05:37
200	389	João nelson	Individual	Senior Masculino	56:26	+25:23	05:39
201	587	Pedro Costa	lentinhos	Senior Masculino	56:36	+25:32	05:40
202	188	Diogo Sencadas	Hut Runners Aveiro	Senior Masculino	56:47	+25:43	05:41
203	367	Gonçalo Duarte	Individual	Senior Masculino	56:50	+25:46	05:41
204	481	Vasco Salvador Lopes	Individual	Senior Masculino	56:52	+25:49	05:41
205	328	César Ferreira	Individual	Senior Masculino	57:07	+26:03	05:43
206	129	Alexandre Saraiva	Correr para Comer	Senior Masculino	57:09	+26:05	05:43
207	399	Jorge Marques	Individual	Senior Masculino	57:09	+26:05	05:43

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208	50	Dante Ferreira Marinho	BORA TREINAR RUNNING CLUB	Senior Masculino	57:15	+26:11	05:44
209	22	Bryan Valério	Barra Ocean Runners	Senior Masculino	57:18	+26:14	05:44
210	321	Bernardo Almeida	Individual	Senior Masculino	57:21	+26:17	05:44
211	313	Alysson Luiz	Individual	Senior Masculino	57:25	+26:21	05:45
212	371	Guilherme Matos	Individual	Senior Masculino	57:26	+26:22	05:45
213	468	Sérgio Estima	Individual	Senior Masculino	57:56	+26:52	05:48
214	474	Telmo Duarte	Individual	Senior Masculino	58:04	+27:00	05:48
215	357	Filipe Ribeiro	Individual	Senior Masculino	58:16	+27:12	05:50
216	479	Tomas Marabuto	Individual	Senior Masculino	58:16	+27:12	05:50
217	462	Rodrigo Rodrigues	Individual	Senior Masculino	58:18	+27:14	05:50
218	393	JOAO PEDRO VELEIRINHO CARDOSO	Individual	Senior Masculino	58:18	+27:14	05:50
219	374	Gustavo Assaf Marcato	Individual	Senior Masculino	58:21	+27:17	05:50
220	463	Rosmel Méndez	Individual	Senior Masculino	58:24	+27:21	05:50
221	96	Rui sampaio	Civilria RunClub	Senior Masculino	58:35	+27:31	05:52
222	396	João Silva	Individual	Senior Masculino	58:41	+27:37	05:52
223	440	Pedro Melo Figueiredo	Individual	Senior Masculino	58:43	+27:39	05:52
224	470	Sérgio Rodrigues	Individual	Senior Masculino	58:50	+27:47	05:53
225	442	Pedro Rosales	Individual	Senior Masculino	59:06	+28:02	05:55
226	472	Simão Mariano	Individual	Senior Masculino	59:24	+28:20	05:56
227	359	Francisco Ferreira	Individual	Senior Masculino	01:00:59	+29:55	06:06
228	363	Gil Simões	Individual	Senior Masculino	01:00:59	+29:55	06:06
229	189	João Pedro Tinoco	Hut Runners Aveiro	Senior Masculino	01:01:10	+30:06	06:07
230	466	Rui Vilela	Individual	Senior Masculino	01:02:10	+31:06	06:13
231	621	Diogo Artur Landeira Limas	PRIO	Senior Masculino	01:02:14	+31:10	06:13
232	647	Mauro Simões	Reumáticos & Etc	Senior Masculino	01:02:26	+31:22	06:15
233	99	Tomás Pereira	Civilria RunClub	Senior Masculino	01:02:33	+31:29	06:15
234	449	Renato Areias	Individual	Senior Masculino	01:02:58	+31:54	06:18
235	385	João Ferreira	Individual	Senior Masculino	01:03:40	+32:36	06:22
236	329	Cristiano Pereira	Individual	Senior Masculino	01:03:40	+32:37	06:22
237	660	José Afonso Baião Silva	Silva's	Senior Masculino	01:04:48	+33:44	06:29
238	362	Frederico Teixeira	Individual	Senior Masculino	01:05:07	+34:03	06:31
239	46	Bernardo Vieito	Bernardo Vieito	Senior Masculino	01:06:14	+35:10	06:37
240	437	Pedro Ferreira	Individual	Senior Masculino	01:06:32	+35:29	06:39
241	448	Rafael simoes	Individual	Senior Masculino	01:10:50	+39:46	07:05
242	465	Rui Carneiro	Individual	Senior Masculino	01:11:58	+40:54	07:12
243	344	Diogo Paula	Individual	Senior Masculino	01:12:37	+41:33	07:16
244	425	Miguel Marques	Individual	Senior Masculino	01:13:49	+42:45	07:23
245	174	José Manoel Soares Picanço Neto	grohe	Senior Masculino	01:21:05	+50:01	08:07

Veterana F45

1	169	Marta Loureiro	GRECAS	Veterana F45	44:36	04:28
2	498	Margarida Vidal	Individual	Veterana F45	46:08	+01:32 04:37
3	673	Elisabete Rodrigues	TDCrédito	Veterana F45	47:14	+02:37 04:43
4	500	Maryna Skliar	Individual	Veterana F45	47:56	+03:19 04:48

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5	149	Susana Raquel Teixeira da Silva Monteiro	GAIA-RUNNING	Veterana F45	48:18	+03:41	04:50
6	54	Sónia Gama	BORA TREINAR RUNNING CLUB	Veterana F45	48:37	+04:00	04:52
7	506	Sandra Costa	Individual	Veterana F45	48:53	+04:17	04:53
8	497	Manuela Melo	Individual	Veterana F45	49:03	+04:26	04:54
9	102	Eduarda Vinagre	Civilria RunClub	Veterana F45	49:07	+04:30	04:55
10	106	Sandrina Nóbrega Pereira	Civilria RunClub	Veterana F45	49:12	+04:35	04:55
11	148	Antónia Soares	GAIA-RUNNING	Veterana F45	50:01	+05:24	05:00
12	155	Sandra Santos	GDG	Veterana F45	50:11	+05:34	05:01
13	487	Carla Rosa	Individual	Veterana F45	51:36	+06:59	05:10
14	666	PAULA SANTOS	Tainadas Run Team Somengil	Veterana F45	52:42	+08:05	05:16
15	175	Arminda dos Anjos Fernandes Afonso	grohe	Veterana F45	53:12	+08:36	05:19
16	504	Patrícia Marcelo	Individual	Veterana F45	53:21	+08:44	05:20
17	105	Rosabell Dos Santos	Civilria RunClub	Veterana F45	53:28	+08:51	05:21
18	138	Marisa Moreira	ésóatéali#	Veterana F45	54:12	+09:35	05:25
19	6	Susana Lobo	100 Ritmo	Veterana F45	54:13	+09:36	05:25
20	495	Liliana Ordaz	Individual	Veterana F45	54:16	+09:39	05:26
21	507	Solange Silva	Individual	Veterana F45	54:44	+10:08	05:28
22	662	Sandra Resende	SLB	Veterana F45	54:57	+10:20	05:30
23	499	Marina Leitão	Individual	Veterana F45	55:47	+11:10	05:35
24	493	Joana Patrícia Oliveira Cadinha	Individual	Veterana F45	55:57	+11:21	05:36
25	638	Sandra canelha	Reumáticos	Veterana F45	56:52	+12:16	05:41
26	651	Virginia Fernandes	Reumáticos & Etc	Veterana F45	56:56	+12:19	05:42
27	489	Fernanda Caso	Individual	Veterana F45	57:04	+12:27	05:42
28	496	Madalena Ferreira	Individual	Veterana F45	57:14	+12:37	05:43
29	501	Monica Neves	Individual	Veterana F45	58:11	+13:34	05:49
30	687	Carla Lemos	WE CAN RUN AVEIRO	Veterana F45	58:29	+13:52	05:51
31	488	Carla Soutinho	Individual	Veterana F45	58:42	+14:05	05:52
32	650	Paula Eduarda Pinto	Reumáticos & Etc	Veterana F45	58:47	+14:10	05:53
33	491	Graça Moita	Individual	Veterana F45	58:51	+14:14	05:53
34	502	Natália Maria Marques Silva Capitão	Individual	Veterana F45	01:00:26	+15:50	06:03
35	103	Fernanda Marques	Civilria RunClub	Veterana F45	01:00:48	+16:11	06:05
36	494	Joana Saraiva	Individual	Veterana F45	01:01:06	+16:29	06:07
37	600	Susana Leite	NIGHT Runners Feira	Veterana F45	01:01:13	+16:37	06:07
38	13	Ana Neves	Ana Neves	Veterana F45	01:01:15	+16:39	06:08
39	190	Cláudia Negrão	Hut Runners Aveiro	Veterana F45	01:01:25	+16:48	06:08
40	705	Jane Sofia	Individual	Veterana F45	01:01:42	+17:05	06:10
41	131	teresa soares	CostaNova.Run	Veterana F45	01:02:06	+17:29	06:13
42	665	Marisa da Costa Bastos de Almeida	Solar O Condado	Veterana F45	01:02:23	+17:46	06:14
43	100	Carla Torres	Civilria RunClub	Veterana F45	01:02:34	+17:57	06:15
44	688	Maria Isabel Marques Gonçalves	WE CAN RUN AVEIRO	Veterana F45	01:03:19	+18:42	06:20
45	599	Susana Claudia Gomes Santos	NIGHT Runners Feira	Veterana F45	01:04:19	+19:43	06:26
46	649	Paula Almeida Tavares	Reumáticos & Etc	Veterana F45	01:04:58	+20:21	06:30
47	492	Ivone Cristina Fernandes Jaco	Individual	Veterana F45	01:06:32	+21:56	06:39
48	589	Andrea Vale	lentinhos	Veterana F45	01:07:13	+22:37	06:43
49	648	Deolinda Silva João	Reumáticos & Etc	Veterana F45	01:11:50	+27:14	07:11
50	162	Cláudia Susana Costa Marques	Glicinias Plaza	Veterana F45	01:12:18	+27:42	07:14

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51	101	Claudia Trindade	Civilria RunClub	Veterana F45	01:19:44	+35:07	07:58
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Veterana F55

1	163	Silvia dos Santos Henriques	Glicinias Plaza	Veterana F55	46:17	04:38
2	513	Luciana Fidalgo	Individual	Veterana F55	48:01	+01:44 04:48
3	509	Cláudia Almeida	Individual	Veterana F55	53:15	+06:58 05:20
4	511	Judite Dias	Individual	Veterana F55	54:44	+08:26 05:28
5	512	Linda Rosa Sardo Caleiro Cruz	Individual	Veterana F55	56:24	+10:07 05:38
6	178	Dina Silva	GRUPO DESPORTIVO ASSEMPARK	Veterana F55	57:35	+11:18 05:46
7	510	Graça Mariano	Individual	Veterana F55	59:24	+13:07 05:56
8	107	Paula Ferreira	Civilria RunClub	Veterana F55	59:31	+13:13 05:57
9	141	TERESA PEREIRA DE PINHO	Família de Pinho	Veterana F55	59:55	+13:38 06:00
10	185	Rosa Rocha Teixeira Ferreira	GRUPO DESPORTIVO DA GAFANHA (GDG)	Veterana F55	01:02:32	+16:15 06:15

Veterano M45

1	639	Fernando santos	Reumaticos	Veterano M45	35:55		03:35
2	82	Paulo Silva	SC BEIRA MAR	Veterano M45	36:25	+00:30	03:38
3	641	Paulo pereira	Reumaticos	Veterano M45	36:28	+00:32	03:39
4	679	Ricardo Gomes	Terminal Running Team	Veterano M45	36:43	+00:48	03:40
5	133	Paulo Jesus	Dragon club	Veterano M45	37:01	+01:06	03:42
6	180	José Proença	GRUPO DESPORTIVO ASSEMPARK	Veterano M45	37:20	+01:25	03:44
7	659	RUI MACHADO	SC BEIRA MAR	Veterano M45	38:28	+02:33	03:51
8	536	João Rocha	Individual	Veterano M45	39:15	+03:19	03:55
9	523	Celso Fernandes	Individual	Veterano M45	39:22	+03:27	03:56
10	667	Paulo Ramires	Tainadas Running Team	Veterano M45	40:02	+04:07	04:00
11	550	Nuno Bartolomeu	Individual	Veterano M45	40:19	+04:24	04:02
12	640	Luis ramos	Reumaticos	Veterano M45	41:06	+05:10	04:07
13	570	V Silva	Individual	Veterano M45	41:06	+05:11	04:07
14	540	José Grijó	Individual	Veterano M45	41:10	+05:14	04:07
15	643	Raul teixeira	Reumaticos	Veterano M45	41:46	+05:51	04:11
16	191	Jorge Martins	Hut Runners Aveiro	Veterano M45	42:56	+07:01	04:18
17	108	Bruno Bernardes de Jesus	Civilria RunClub	Veterano M45	43:15	+07:20	04:19
18	146	Marco Rodrigues	Força tripla	Veterano M45	43:19	+07:24	04:20
19	533	Hugo Romão	Individual	Veterano M45	43:42	+07:47	04:22
20	551	Nuno Silva	Individual	Veterano M45	43:54	+07:59	04:23
21	112	Nuno Alegria	Civilria RunClub	Veterano M45	43:54	+07:59	04:23
22	552	Paulo Cardoso	Individual	Veterano M45	43:55	+08:00	04:24
23	521	Carlos Jorge Silva	Individual	Veterano M45	44:16	+08:21	04:26
24	534	Jean François Rodrigues	Individual	Veterano M45	44:22	+08:27	04:26
25	590	Nuno Simões	lentinhos	Veterano M45	44:34	+08:39	04:27

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26	559	Pedro Brás	Individual	Veterano M45	44:51	+08:56	04:29
27	45	ELVIS MATIAS	Barra time	Veterano M45	45:02	+09:07	04:30
28	546	Martin Lund	Individual	Veterano M45	45:04	+09:09	04:30
29	515	Adolfo Andrade	Individual	Veterano M45	45:07	+09:12	04:31
30	556	Paulo Morais	Individual	Veterano M45	45:07	+09:12	04:31
31	654	Vadym Podufalov	Reumáticos & Etc	Veterano M45	45:10	+09:15	04:31
32	39	Fernando Mónica	Barra Ocean Runners	Veterano M45	45:16	+09:21	04:32
33	38	Arnaldo Tomás	Barra Ocean Runners	Veterano M45	45:18	+09:22	04:32
34	565	Romeu Vicente	Individual	Veterano M45	45:25	+09:30	04:33
35	541	José Pequeno	Individual	Veterano M45	45:25	+09:30	04:33
36	564	Ricardo Pinto	Individual	Veterano M45	45:28	+09:33	04:33
37	519	Armindo Bastos	Individual	Veterano M45	45:31	+09:36	04:33
38	568	Rui Simões	Individual	Veterano M45	45:41	+09:46	04:34
39	526	Fabiano Viana	Individual	Veterano M45	46:08	+10:13	04:37
40	516	Adriano Carreira	Individual	Veterano M45	46:17	+10:22	04:38
41	520	carlos ferreira	Individual	Veterano M45	46:24	+10:29	04:38
42	642	Paulo ramos	Reumaticos	Veterano M45	46:32	+10:36	04:39
43	147	Tiago carriola	Furadouro trail	Veterano M45	46:50	+10:55	04:41
44	538	Jorge Vilela	Individual	Veterano M45	46:58	+11:03	04:42
45	529	Fininho Manokas	Individual	Veterano M45	47:06	+11:11	04:43
46	114	Nuno felix almeida	Civilria RunClub	Veterano M45	47:14	+11:19	04:43
47	676	Samuel Morais Neves	TDCrédito	Veterano M45	47:15	+11:20	04:43
48	528	Fernando Santos	Individual	Veterano M45	47:28	+11:33	04:45
49	152	Paulo Jorge Amador Pereira Gaspar	Gaspar	Veterano M45	47:36	+11:41	04:46
50	535	joão Campolargo	Individual	Veterano M45	47:50	+11:55	04:47
51	522	Carlos Martínez Almazán	Individual	Veterano M45	47:51	+11:56	04:47
52	527	Fernando Manuel Ribeiro de Sousa	Individual	Veterano M45	47:57	+12:02	04:48
53	40	Márcio Simões	Barra Ocean Runners	Veterano M45	48:02	+12:07	04:48
54	143	Fernando Cardoso	Fernando Cardoso	Veterano M45	48:39	+12:44	04:52
55	563	Ricardo Neves	Individual	Veterano M45	48:40	+12:45	04:52
56	517	Amândio Reima Cruz	Individual	Veterano M45	48:44	+12:49	04:52
57	554	Paulo Cruz	Individual	Veterano M45	48:46	+12:50	04:53
58	567	Rui Estima	Individual	Veterano M45	48:52	+12:57	04:53
59	557	Paulo Silva	Individual	Veterano M45	48:54	+12:59	04:53
60	9	Ricardo Vieira	100 Ritmo	Veterano M45	49:09	+13:14	04:55
61	537	Jorge Gomes	Individual	Veterano M45	50:11	+14:16	05:01
62	117	Renato França	Civilria RunClub	Veterano M45	50:44	+14:49	05:04
63	555	Paulo Marques	Individual	Veterano M45	50:53	+14:57	05:05
64	562	Ricardo Gonçalves	Individual	Veterano M45	51:36	+15:41	05:10
65	164	Guto Muniz	Go Tour	Veterano M45	51:46	+15:50	05:11
66	657	Rui Daniel Amorim	ROYAL SCHOOL OF LANGUAGES	Veterano M45	51:53	+15:58	05:11
67	553	Paulo Cruz	Individual	Veterano M45	52:08	+16:13	05:13
68	549	Miguel Quaresma	Individual	Veterano M45	52:15	+16:20	05:14
69	113	Nuno Cosme	Civilria RunClub	Veterano M45	53:12	+17:17	05:19
70	179	João Miranda	GRUPO DESPORTIVO ASSEMPARK	Veterano M45	54:00	+18:05	05:24

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71	110	Maciel MENDES	Civilria RunClub	Veterano M45	54:01	+18:06	05:24
72	547	Maurol Rebelo	Individual	Veterano M45	54:37	+18:42	05:28
73	111	MIGUEL VALLS	Civilria RunClub	Veterano M45	54:46	+18:51	05:29
74	531	Gonalo Ribeiro	Individual	Veterano M45	55:12	+19:16	05:31
75	542	Lu�s Rocha	Individual	Veterano M45	55:44	+19:49	05:34
76	561	Pedro ferreira	Individual	Veterano M45	56:01	+20:06	05:36
77	192	Vitor Sencadas	Hut Runners Aveiro	Veterano M45	56:48	+20:52	05:41
78	566	Rui Almeida	Individual	Veterano M45	57:21	+21:26	05:44
79	545	Marco Ribeiro	Individual	Veterano M45	57:56	+22:01	05:48
80	677	Vasco Rosa Pires	TDCr�dito	Veterano M45	58:10	+22:14	05:49
81	635	Bruno Rocha	R5	Veterano M45	58:11	+22:16	05:49
82	689	Manuel Carlos Martins	WE CAN RUN AVEIRO	Veterano M45	58:29	+22:34	05:51
83	652	Francisco Gomes	Reum�ticos & Etc	Veterano M45	58:47	+22:51	05:53
84	115	Pedro Ferreira	Civilria RunClub	Veterano M45	59:58	+24:03	06:00
85	176	Jo�o Carlos Pires da Fonte	grohe	Veterano M45	01:00:44	+24:49	06:04
86	601	Antonio Almeida	NIGHT Runners Feira	Veterano M45	01:01:14	+25:19	06:07
87	65	Jordao laranja	CENAP	Veterano M45	01:01:41	+25:46	06:10
88	548	Miguel Linhares	Individual	Veterano M45	01:02:19	+26:24	06:14
89	661	Paulo Alexandre Mendes Da Silva	Silva`s	Veterano M45	01:04:48	+28:53	06:29
90	116	Pedro Lima	Civilria RunClub	Veterano M45	01:06:09	+30:14	06:37
91	8	Cl�udio seabra	100 Ritmo	Veterano M45	01:06:24	+30:29	06:38
92	653	Jo�o Laranjeiro	Reum�ticos & Etc	Veterano M45	01:09:45	+33:50	06:59
93	569	S�rgio Alexandre Marcelino de Figueiredo	Individual	Veterano M45	01:11:47	+35:52	07:11
94	524	Davidson Lu�s Menezes Rodrigues	Individual	Veterano M45	01:21:47	+45:52	08:11

Veterano M55

1	11	Fernando Silva	ACR Vale de Cambra	Veterano M55	35:59		03:36
2	125	Paulo Ferreira da Silva	Civilria RunClub	Veterano M55	38:04	+02:05	03:48
3	182	Manuel Macado	GRUPO DESPORTIVO ASSEMPARK	Veterano M55	38:20	+02:21	03:50
4	154	Mário Carvalho	GD Vilarinho de Cima	Veterano M55	39:29	+03:30	03:57
5	66	Carlos Amorim	CENAP	Veterano M55	39:34	+03:34	03:57
6	67	Joaquim ramos	CENAP	Veterano M55	41:13	+05:13	04:07
7	585	PEDRO ROCHA	Individual	Veterano M55	47:08	+11:08	04:43
8	126	Pedro Ratola	Civilria RunClub	Veterano M55	47:24	+11:25	04:44
9	656	Williams Omar Simões	Reumáticos & Etc	Veterano M55	48:24	+12:25	04:50
10	578	Jorge Mota	Individual	Veterano M55	48:43	+12:43	04:52
11	663	Antonio Lopes	SLB	Veterano M55	49:00	+13:01	04:54
12	181	João Dôno	GRUPO DESPORTIVO ASSEMPARK	Veterano M55	49:51	+13:52	04:59
13	150	Rui Ferraz	GAIA-RUNNING	Veterano M55	50:00	+14:01	05:00
14	583	Paulo Costa	Individual	Veterano M55	51:01	+15:02	05:06
15	576	Fernando Lopes	Individual	Veterano M55	51:04	+15:05	05:06
16	127	Rui Vieito	Civilria RunClub	Veterano M55	51:23	+15:24	05:08
17	121	Carlos Varum	Civilria RunClub	Veterano M55	51:24	+15:25	05:08

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OFFICIAL RESULT

18	579	José Bernardino Afonso Matos	Individual	Veterano M55	51:51	+15:52	05:11
19	575	Cesário Rocha	Individual	Veterano M55	52:00	+16:01	05:12
20	132	Luís Soares	CostaNova.Run	Veterano M55	52:06	+16:06	05:13
21	573	António Luís da Silva Pereira Abrantes	Individual	Veterano M55	52:07	+16:08	05:13
22	577	João Maltez Capelôa	Individual	Veterano M55	52:26	+16:27	05:15
23	193	ABÍLIO MADAIL	Hut Runners Aveiro	Veterano M55	52:42	+16:42	05:16
24	183	Paulo Antunes	GRUPO DESPORTIVO ASEMPARK	Veterano M55	52:53	+16:54	05:17
25	582	Martyn Pillinger	Individual	Veterano M55	53:48	+17:49	05:23
26	574	Arlindo Santos	Individual	Veterano M55	53:51	+17:52	05:23
27	655	Joao Pinho	Reumáticos & Etc	Veterano M55	53:57	+17:57	05:24
28	123	Luís Patrício	Civilria RunClub	Veterano M55	56:05	+20:05	05:36
29	118	António Manuel Marques	Civilria RunClub	Veterano M55	57:14	+21:14	05:43
30	122	Henrique Castro	Civilria RunClub	Veterano M55	57:23	+21:24	05:44
31	584	Pedro Cardoso	Individual	Veterano M55	58:18	+22:19	05:50
32	581	Luis Cordeiro	Individual	Veterano M55	59:31	+23:32	05:57
33	572	António José Santos	Individual	Veterano M55	01:01:12	+25:13	06:07
34	701	Armando Sousa	Individual	Veterano M55	01:01:50	+25:51	06:11
35	119	Artur Varum	Civilria RunClub	Veterano M55	01:02:33	+26:33	06:15
36	41	Alcides Marquinhos	Barra Ocean Runners	Veterano M55	01:02:37	+26:38	06:16
37	571	Alexandre Cysne	Individual	Veterano M55	01:03:03	+27:03	06:18
38	124	Miguel Pinho	Civilria RunClub	Veterano M55	01:05:55	+29:56	06:35
39	56	Francisco Igreja	BORA TREINAR RUNNING CLUB	Veterano M55	01:12:18	+36:19	07:14